

Danilo Rueda Cruz Michele Deogracias Cruz with Pacita Rueda Cruz

A Visual Step-by-Step Home-Cooking of Contemporary Dishes Filipinos Love to Eat





Cooking for us is an act of creation. We just love to experiment - take mom's favorite dishes and add creative embellishments (deviating but not drastically altering the flavor and aroma).

Danny and Michele Cruz With Mommy Pacita Cruz

At 78, she still maintains a regal bearing and beauty due to very good breakfast and dinner habits – heavy breakfast in the morning but light dinner in the evening, among other things.



Inside Front Cover Design by Danny & Michelle



From:

# Moms and Lolas' Culinary Gifts to Their Sons, Daughters & Grandchildren

A Visual Step-by-Step Home-Cooking of Contemporary Dishes Filipinos Love to Eat



# Moms and Lolas' Culinary Gifts to Their Sons, Daughters & Grandchildren

A Visual Step-by-Step Home-Cooking of Contemporary
Dishes Filipinos Love to Eat

Danilo Rueda Cruz Michele Deogracias Cruz with Pacita Rueda Cruz

Photography & Food Styling by Michele and Danny Cruz

Camera used: Nikon Coolpix S50 ZOOM NIKKOR 6.3 – 18.9mm 1:3.3-4.2 VR
Book Cover Designs by Michele and Danny Cruz
Love Fruits and Vegetables Logo by Michele and Danny Cruz

# Contents

New Preface by Danny Rueda Cruz	4
Authors' Notes	5
Dedications	6
Acknowledgements	7 9
Introduction	14
Glimpses of Philippine's Baguio	17
Vegetables of Baguio	23
Succulent Fruits of Baguio City	27
Towards Healthy Eating	28
, ,	29
Towards a Hassle-free Buying at Baguio's Marketplaces Notes to readers	30
	33
Organization in the home kitchen –	
Mis-en-place & Techniques	
CONTEMPORARY PHILIPPINE MAIN DISHES	
MEAT	37
FISH	121
SAUCES	159
SIDINGS	164
VEGETABLE	173
SOUP	190
NOODLES & PASTA	201
Parting Words	225
End Notes	227
Appendix "A" B. (B) Appendix	230
"A" Brief Biographies: Michele D. Cruz, Danilo Rueda Cruz and Pacita Rueda Cruz	235
"B" English–Filipino Names of Some Choice Filipino Cuisine Ingredients & Seafood Items available in Philippine Marketplaces.	<b>-</b> -
Index	236
(Complete Listing of Recipes in this Cookbook)	

### **Preface**

In 2011, with my wife Michelle and my mom, Pacita Rueda Cruz, we embarked on a journey to write our favorite Filipino dishes to share with others. Little did I know that we will revisit these two cookbooks a decade later: Happy, Hearty Breakfast and Snacks & Moms and Lolas' Culinary Gifts to Their Sons, Daughters & Grandchildren.

These two cookbooks resulted from our family's vision of passing on our Filipino dishes to the new generation of cook wannabes.

Our mom is turning into her '90s and still going strong. Mic and I are busy fine-tuning empanadas and hopia on the side while eking a living and writing in Daly City.

I graduated in 2020 with a Doctor of Communication from the University of the Philippines, Open University.

Time flies fast, and since we wrote the two cookbooks, we only have a Microsoft Word app to write these two books, which we finally converted into an Adobe PDF file. We can jump directly to these PDFs and edit everything in one sitting. The only regret with revisiting the two cookbooks is that back then, we couldn't remove the background\* and focus the readers' attention on the plate and the dish alone like in the picture we are showing below. We wish we could edit the hundreds of images in these two cookbooks for aesthetic reasons. Unfortunately, we don't have the time to do this.

\*(search for *remove background* and click their <u>free portal</u> to upload your image)



I wish to write three technical papers for journal submission this year. One of these papers is about the inspiration from the book students wrote in the 2015 CornellX Massive Open Online Course (MOOC): Reclaiming Broken Places: Introduction to Civic Ecology. This book - *Civic Ecology: Stories about love of life, love of place* (Krasny, M. E. & Snyder, K., 2016), Professor Marianne Krasny then wrote in the Preface-

One student in our MOOC stood out. He was Danny Rueda Cruz .... One day during the course, he asked if we could produce a "coffee table" book of the MOOC students' stories of reclaiming broken places.... This eBook is the result of Danny's vision. I applaud Danny and my co-editor and book designer, Kim Snyder — without their vision and determination over many months, this book would not have come to fruition.

Truth to tell, these two cookbooks, which we wrote back in 2011, are the catalyst for suggesting a book in 2016, as Professor Krasny described above.

We also thank those who continually contribute to improvising Filipino cuisine.

Finally, we thank the many readers who inspire us to pass along our Filipino legacy of fine cooking from our homes to their homes.

Danilo Rueda Cruz, San Francisco City, California February 21, 2023

-----

Krasny, M. E. and Snyder, K. (2016.) Civic Ecology: Stories about love of life, love of place. Cornell University Civic Ecology Lab. Ithaca NY.

### **Authors' Note**

Our adorable co-writer, Mommy Pacita, may be an ocean away and no longer have the time at 78 years old to write her ideas on cooking using a computer. We once called her cyber-mom because we often corresponded through email; nevertheless, we included her as one of the co-writers because the whole book's recipes are all practically hers. Mommy Pacita is busy caring for her great-granddaughter (apo sa tuhod), Angelika, in Daly City. In addition, she cares for a playful and mixed breed, a 1-year-old Schnauzer-Papillion puppy named Junior, and his dad-dog named Ollie, a mini-schnauzer.

This cookbook is a mom and Lola's culinary gift of passing the love for food and the joys of cooking to new generations. The many cooking sessions and recipes mom did for the family are here, including those of our grandparents. This gift came from them, and we are passing them on to you, cooking enthusiasts. We hope you pass it on to your kids as well.

In writing this book, we used the collective pronoun "we" to avoid confounding the readers. Other times, we named the specific author talking.

We have used our best efforts and precious time to prepare this visual cookbook, and we don't want to mislead the readers unwittingly. The cooking advice and tips in this cookbook may or may not suit your situation. At best, they remain as advice and tips, and it is up to you, the readers, to decide.

We have also come up with "hints" on the nutrition content of most vegetables and fruits as culled from various studies of experts on food and nutrition. As we are not nutritionists, the nourishing benefits of fruits and vegetables cited are not to be considered definitive or binding professional and medical advice. The sole purpose is to help you appreciate the vegetables and fruits we casually see around, buy, and eat daily.

The cooking techniques shown in the visual step-by-step may differ with your particular style or cooking method or even the

equipment used. But then the essential ingredients used in making specific dishes in this cookbook were well researched to come out as close as possible to the "authentic" Filipino dishes we know or love. The numerous occasions of calling overseas Mommy Pacita just to be sure what ingredient goes well in creating close-to-authentic Filipino dishes only confirms that these ingredients are indeed vital components of the Filipino dishes we so happily recreated in this cookbook. We also strongly feel that there is not one and only one version of cooking Filipino dishes. We have myriad versions of Filipino dishes as we have numerous islands comprising the Philippines.

Moreover, there is no secret ingredient used. Using extenders, mono-sodium glutamate or MSG, and other preservatives may sit well with other cooking enthusiasts, but we have refrained from using such a long time ago.

We have one wish for the readers - for you to have lots of fun, safe cooking and recreating those fabulous meals or hearty dishes for your loved ones again and again. Enjoy too our other debut cookbook entitled Happy, Hearty Breakfast and Snacks. Hopefully, this comes out concomitantly with the present cookbook you are holding. The second part of the duo books is all about breakfast, snacks, and a peek at some baking and pastries recipes happily recreated by Michele. Initially, this was part of this book, but Michele's creativity got the better of us, and we decided to launch it two ways or as a duo. Moreover, including breakfast here will make this a very long cookbook.

By the way, the only guarantee we can ever say is that as home-cooks. The job is yours to keep for life because the moment you open yourself to cooking, it will be one joyous, anticipated, and delightful day after another ahead for your family. Everyone will be expecting with bated breath your next culinary adventure to offer. Of course, with this comes the reward of happy and satisfied faces of your loved ones after partaking in those wonderful dishes you recreated. Cheers! Happy reading and cooking!

### **Dedications**

This book is dedicated to Dad. Your memories live on in this book.

Danny

To my mom, who had the strength of both a father and a mother folded into one.

Michele

### and especially

To Prof. Fonz Deza, educator and thespian; a good friend at UP and enjoyed countless hours discussing over beer and sizzling sisig (thrice cooked pig's face and ears) the inanities of life and some overly theoretical topics in between;

To Prof. Cora C. Gatchalian, PhD., Danny's thesis adviser at UP;

To the former Dean of Enderun Colleges and panel member in Danny's thesis defense at UP Hotel, Restaurant, and Institute Management, the late Prof. Lorrain Villanueva, Ph.D.

To Atty. JJ Disini, a brilliant educator and mentor during (Danny's stint at) UP Law Center's Program on Dispute Resolution days;

To Robert Kuan, founder and former owner of Chowking Food Corporation, for being a great leader of people. His love of books and learning is truly worth emulating;

To Gene Garcia for being a tireless teacher during Shakey's days and making Danny passionate about fine cuisine.

To Chef See Cheong Yan, Chef Martin Punzalan, Chef Thomas Wenger, chef-apprentice-then Abbie Antonio, and classmates -- Grace Barbers Baja, Lorlyn Lim, Francis De Leon, Jennifer Pascual, Angela Pestano, Lea Padilla, Shereen Paredes, Tess Gelano, Sharyn Jacobsen and Agnes Guitierrez of Enderun Colleges' Culinary Foundation Course for sharing the excellent time to train in the refined techniques of culinary preparation and helped us all to aspire for excellence always in the food industry and not to forget the countless seminars and facilitators about culinary which we have attended in the past;

To Nellie Nayda Salvosa-Bowman, member of the Board of Trustees, and Dr. Cleofas M. Basaen, Vice President for Academic Affairs of the University of the Cordilleras and College of Hospitality & Tourism Management Department heads – Ms. Ma Luisa D. Wakat and Mr. Joel D. Panes for tirelessly helping educate the Filipino youth;

To Marina Maweni, our proud Igorot friend, for giving us insights into the life and cuisine of Baguio City.

To all people in the food industry, all the time providing smiles and warm feelings to their customers after a hearty meal.

# Acknowledgments

First and foremost, this book could not have been written without the solid support and sibling prodding of Art Cruz, Tong Cruz, and his wife, Baby-Lyn Abad Cruz of Pacific Leisure and Travels at SFO.

Our thanks to the Baguio Public Library facilities for the songs and other research made about this beautiful city which helped in creating this duo's debut cookbooks.

Thanks to the following Philippine culinary icons, cookbook authors, and chefs:

Nora V. Daza with Michaela Fenix in their famous book A Culinary Life – Personal Recipe Collection, Mommy Pacita's first-ever cookbook collection. Their classic book inspired us no end to add international flair to our cooking and to look at cooking as a never-ending process to learn something new all the time.

Chef-authors Glenda Rosales Barreto, Conrad Calalang, Margarita Fores, Myrna Segismundo, Jessie Sincioco, Claude Tayag, and Editor Michaela Fenix in their beautiful latest cookbook entitled, Kulinarya, a Guidebook to Philippine Cuisine, which prompted us to write our cookbook to honor their collective wishes in Kulinarya -- "....to inspire [every Filipinos] ....to harness our natural Filipino creativity and individuality towards the discipline of searching for and following good cooking practices."

To the other Filipino cookbook authors and chefs who repeatedly inspired us with their ideas and ways, which we used as a reference to check the authenticity of ingredients and allowed us to do actual kitchen tests of the beautiful and authentic Filipino dishes.

To the good chefs who were kind enough to share their creative culinary inputs during the various food seminars and hands-on demonstrations of culinary techniques we attended.

To Dr. Jose G. Balaoing, Executive Director of the Cordillera Organic Agriculture Development Center of Benguet State University, and Therese P. Jison, Chef/President of Mother's Garden

Also, without the following inspiration in mind, we could have easily given up writing this home cooking book (despite two computer crashes we experienced, but thanks to the assistance of Joshua Gawec & Jerry Andaya, both computer techies at SM Baguio's Laser Marketing).

It is our deepest wish to help the -

Expats curious to try Filipino dishes and how to cook them;

Students going to college for the first time and missing home-cooked foods, which they can try now cooking in their boarding or rented apartment homes;

Overseas workers, living out in a foreign clime and wanting to try cooking Filipino dishes using what is available to them;

Newlyweds wanting to spend now precious time in their kitchens to do home-cooked meals for a change;

Foreigners married to Filipinas and wanting to surprise them with a steaming pancit (chow mein);

Anyone wanting to train their caring house helps to cook the way they want the food done;

Nannies and caregivers who wish to surprise kids or elderlies under their care for a delicious meal;

People who want to taste great food other than fast food; Fil-Americans like our nephews and nieces, always curious about their roots and the adobos and dinuguan we cook for them, which they voraciously eat. One of these days, these kids, when all grown up, will crave these foods;

Students of culinary who would like to master Italian and French cooking someday may master first instead, Filipino dishes, hoping in the future that a marriage of international culinary techniques may bring international recognition to Filipino cuisine like most Asian cuisine does today;

Anyone who would like basic know-how of Filipino cooking; for people who simply would like to connect with loved ones, there is no better way to be close to family and friends than through home cooking which is simple and fun.

Lastly, thanks to Tillman Baumgartel, an expat UP who wrote a whole cookbook on Philippine cuisine entitled, The Calamansi Cookbook Expat's Guide to Eating Well in the Philippines. This book only shows that we can bring Filipino Cooking to the level of Chinese, Thai, Malaysian, and Japanese cooking worldwide. Tillman likened it to the taste of the Italian (Buffalo) mozzarella cheese upon tasting kesong puti (local cottage cheese made of carabao's milk. Mabuhay ka Tillman! (Long live! Tillman!). (Tillman Baumgartel, The Calamansi Cookbook, page 162)).

Danilo Rueda Cruz Michele Deogracias-Cruz With Pacita Rueda Cruz

July 9, 2011

"The voyage of true discovery lies not in seeking more landscapes but seeing with new eyes."

Marcel Proust

"....watch your plates .... for if they are not 'licked clean' and empty, beware...something may not be right." –

Madelaine Kamman

# Introduction

### Memories of Moms and Lola's Cooking

Our craving for Filipino dishes will always be tied to memories of the past – the aroma and the distinct flavor of grandma's beautiful creations. Who hasn't a loving grandma or, more affectionately, a Lola concocting in the kitchen some Filipino favorites? Or Mom's magical stirrings of home-cooked ube (purple yam) jam or halaya!

No wonder Filipinos in the Bay Area are already lining up inside a Filipino Chinese store as early as 8:30 in the morning for Filipino favorites such as crispy pata (fried pork knuckles), lechon kawali (deep-fried pork belly), and mind you, even the lowly and yet well-loved tuyo (dried herring), smoked bangus (smoked milkfish) and other momouth-wateringnd distinctly Filipino favorites packaged nicely and warming inside the Columbus heater-display cases. Pig's blood (for dinuguan or "chocolate pudding' which our Fil-Am nieces and nephews find icky), banana leaves (dahon ng saging), and all other stuff Filipinos would like to buy are available in this Filipino-Chinese-owned chain store. You can even ask the fishmongers to clean your fish and have them fry it (paluto) for free. It would be good to have the same service extended (the frying) by the different retail supermarkets all over the Philippines in their seafood sections.

### Why This Book

The idea of a cookbook on Philippine cuisine started only this year – January of 2011, to be exact, while staying here in beautiful Baguio City. Having stayed in the US for quite some time magnified our cravings for authentic Filipino dishes. Initially, we had no functional kitchen to work on, so we decided to eat out. We tried on sumptuous Filipino dishes - tinapa (smoked fish) and fried rice with a sunny-side-up egg for breakfast. A lunch of delicious, garlicky longanisa (local sausage) over fried rice again (and again!); and endless snacks of halo-halo (fruit medley and beans topped with shaved ice and ice cream) and fried sweet banana on a stick (banana que) or maruya (fried banana fritters). They were followed by a dinner of chop suey (sautéed mixed vegetables) and dinuguan (stewed pork or tripes in vinegar and pig's blood) with steaming hot rice and puto (rice cake) on the side. It was fun, very convenient, hassle, and fuss-free. But not long after, the culinary artists in us begged to be let out, given both our background of long careers in the food industry, the various food seminars we attended, our culinary schooling, plus the everyday home cooking is done since our marriage in 1994.

#### The Enchantment with Baquio's Public Market

Each time we pass by Baguio's public market (along Magsaysay Avenue), we are sent back into memory lane, seeing the endless display of various colorful and fresh fruits and vegetables. Every time Danny sees the purple yam or ube on display, he gets hit by memories of his childhood's favorite buttery ube halaya (purple yam jam) that his mom and grandma meticulously prepared. Michele, on the one hand, on seeing malunggay pods, is reminded of her Mom's anchovy sauce-laden dinengdeng, cooked with lots of vegetables with mouth-watering grilled Bonoan (place in Pangasinan famous for its delicious milkfish or bangus) milkfish.

### **Our Passion for Cooking**

Cooking has never been new to both of us. Whenever we experience new flavors, say in a Thai restaurant in downtown San Francisco, we make it a habit lately of recreating what we just ate. During our stay at Daly City, we also had the experience of preparing and cooking a delectable escabeche with a freshly caught arm-length silver sea bass (apahap). A friend of the husband and wife, Tong and Baby-Lyn (Danny's younger brother and sister-in-law), gave the huge sea bass. We heard the precious sea bass was caught in the nearby Pacific Ocean, and it took almost 3 to 4 hours for us to prepare, only to become fish bones in just an hour.





Prep, cleaning and cutting the huge silver sea bass

Escabeche is the favorite paluto (most requested dish) of our sister-in-law, Baby-Lyn. And whenever we visit them at Daly City, it is a fried fish placed on top of a sweet and sour, thick sauce of sautéed garlic, onion, ginger, carrots, soy sauce, brown sugar, and red and green bell peppers. This Filipino dish may have been influenced by the 300plus mind-boggling years the Philippines was under Spanish rule. In the book, Becoming a Chef, a veritable bible for chefwould-be cited a similar Spanish-influenced dish called Pollo en Escabeche (Pickled chicken salad in Aromatic spices) by Chef Mark Miller of Coyote Café, Santa Fe, New Mexico. Chef Miller, in that book, likened the dish to an authentic Spanish classical cooking technique of preserving meat, fish and seafood, and vegetables, which they called, en escabeche, meaning in a spicy aromatic brine.1



Pacifica, California

#### Love of Cookbooks

Our love for cooking and food extends to reading and collecting cookbooks. So we often go straight into the cookbook section of bookstores to see what's cooking figuratively (i.e., beautifully illustrated cookbooks to help us be more creative culinary artists). Our collections of cookbooks come mainly from the local National Bookstore, small shops, big shops like Borders and Barnes and Noble in the US, and even from US retail giant Costco. This led to our discovery of a book written abroad which sparked a good debate among friends on a featured recipe about our Philippine kare-kare (oxtail or beef cubes stewed in peanut sauce), curiously having potatoes and tamarind juice in it aside from the usual peanut sauce and the grinded glutinous rice for thickening the kare-kare sauce.

We all wondered what this recipe would look like and taste. The book is truly a masterpiece with its visuals and colorful, easy ways of doing the various Asian cuisines, saved for this somewhat queer recipe on Philippine kare-kare with potato and tamarind iuice... It was an honor having Philippine kare-kare published by an international publishing house. Still, we wondered if this renowned cookbook featuring Philippine recipes, curiously if written by a Filipino, will not only be the real thing or authentic but will have a different. albeit excellent, ending to the story altogether. People everywhere reading that cookbook will be doing authentic Philippine kare-kare, just like our grandmothers and moms usually cook for us. Thus, our fervent wish is for Filipinos to write their own story.

#### Seal of Approval: "licked -cleaned"

Cooking for us is an act of creation. We just love to experiment. We take Mom's favorite dishes and add creative embellishments (deviating but not drastically altering the flavor and aroma). A case in point is adding diced stalks of celery and using only fresh supermarket-ready tomatoes sans pouch of tomato sauce (don't worry, we often use supermarket-ready t o m a t o sauce too, but fresh tomatoes are best!) when cooking mechado (beef larded with pork fat) and awaiting Mom's (our cowriter for this cookbook)

reaction and seal of approval - a smile on her face, the smacking sound of her lips tasting the food, and finally, the almost empty plate, "licked clean." We once bought carne asada to-go (or take out) in a Grand Central Market food stall established in 1917 in downtown Los Angeles. We took pictures of it and finally devoured then recreated the same carne asada in our kitchen.

Simply marinate slices of sirloin meat in olive oil, coarse salt, spice rubs of lemon and pepper, and Worcestershire sauce. And then sear the marinated meat on top of fresh onion rings on a hot griddle plate and serve whole (reminds us of Filipino bistek minus the soy sauce and Philippine lime or kalamansi) with fresh guacamole, grilled onions, beans, fresh salsa, etc. Another way is to chop and serve on tacos, cheese, or quesadillas—quite a treat. Yummy<sup>©</sup>.



**Our Passions Aside from Cooking** 

We often wonder whether there is more to dribbling garlic, vinegar, and soy sauce into adobo (stewed pork or chicken meat in vinegar, garlic, pepper, and soy sauce). And seeing your "creation" disappear before your very eyes ("licked clean" by nephews and nieces in the US). Other than cooking, we both love doing other stuff, too - reading books, watching movies, traveling if money permits, working tirelessly to help restaurant owners maximize their viability, teaching HRM students at a fine university in Baguio on quantity & quality food production and service or table d' hote; volunteering some quality time in an orphanage in Baguio, loving and praying a lot together. In addition, we are both very passionate about writing and preserving memories of good people, places, food, and life through pictures.

# Our Visual Step-by-Step Cooking Adventure Starts

Thus, we started our adventure in culinary writing. First, we transferred to a small place in Baguio City with a kitchen and planned on what food or dishes to prepare and eat each day.

Buying fresh ingredients is no problem since we pass by the market almost daily. So we prepared and cooked one dish daily and took pictures of it.

Tempus fugit (translated: time flies really), and growing tired of just getting the final shot of all our culinary creations, we decided to make changes after we both forgot one vital ingredient to our dish. Then an idea hit Michele. Why not create a step-by-step visual cookbook to guide the cooks instead of the usual style of all texts and just a final picture- a perfect dish shot? This would make it more exciting and easier for the cook, especially the newbies. Since then, we never forgot an ingredient as we started to take pictures of all the ingredients and even the cooking procedures every step of the way.



The result was this step-by-step visual cookbook. Using whatever time we had, we took turns writing the recipe, shooting pictures, and sometimes multi-tasking with the ladle in one hand and a camera in the other. Other times, we did a telephoneconference with our 77-year-old Mom and co-author (she just turned 78 on July 9, 2011) in the US and asked whether sesame oil is essential to siomai. (steamed wonton), a yummy treat she prepared when we were younger, or whether we use fresh milk, coconut milk, or evaporated milk for the halayang ube (Ube or purple yam jam). It was fun as Michele and I were both like kids playing in a kitchen "sandbox" -- writing, taking pictures, editing, and rewriting this cookbook. Nevertheless, our culinary adventure was not all a good time. There were disasters and flare-ups of tempers, burned hands, and "sinigang" na adobo (sinigang is a soured broth, while adobo is just a sauce barely, ergo sinigang na adobo will qualify as a culinary disaster to us).

### Why not Do Home Cooking?

Home cooking is indeed easy and much better than going for ready-cooked foods outside as we will try to show you clear step-by-step procedures reinforced with lots of vivid photos of actual home cooking we did each day.

Eating in instead of eating out has more built-in advantages based on our experience. You get to choose the ingredients in your cooking and exclude those you don't want. Eating-in is the least expensive and will not take much of your time, especially if you have all the ingredients, know the

cooking techniques, and involve other family members in preparing these dishes. Proper organization in your kitchen might even afford you to multitask, like preparing dinner and watching your favorite TV shows, as we did when we were not taking stepby-step photos for our cookbooks. We could not agree more with Mark Bittman<sup>2,</sup> a prolific writer and chef of the New York Times, when he eloquently asserted. "People nowadays no longer do home-cooking. They would rather watch many TV shows and eat out for breakfast, supper, and dinner than cook at home when cooking is the least expensive, easy, and fun."

### Again, Picture it Cooking

This cookbook, with its step-by-step photos of the actual cooking of authentic Filipino dishes. delightful alternative to most cookbooks today. It is more visual and less text cookbook since they say we better through learn picture illustrations. You learn more when you see someone doing the actual thing in pictures, reread the procedures repeatedly and recreate what you see and read in the safety of your kitchen.

Each kitchen-tested recipe starts with pictures of all the ingredients you will use. This is followed by the preparation and cooking steps shown visually, which explain what to do sans technical or kitchen jargon except for mis-en-place or roux, to name a few. Included are simple cooking tips, various easy techniques like blanching broccoli, cutting vegetables, etc., and other information on re-creating these wonderful Filipino dishes. The recipe ends with a delectable picture of the final dish with all the garnishing needed to make it irresistible: as Chef René Verdon of Le Trianon, San Francisco, said, "Looking is very important. Food is 40 percent eyes and 60 percent taste." 3

### Kitchen Testing It

The authors learned a lot from reading and kitchen-testing other recipes from classical cookbooks and contemporary Filipino authors/chefs and comparing these with ours. These classical and contemporary cookbooks of other authors became inspirations and the basis of the selection and identification authentic ingredients vital to the success of every Filipino recipe we recreated in this cookbook. 4 Some ingredients and their measurements or contents may vary slightly from one Filipino author to another - yet the ingredients utilized are almost similar (no potatoes on our kare-kare, please!).

The cooking method or style may vary slightly from one author to another as one author chooses to boil and simmer. At the same time, another opts to sear the meat first and then roast the meat tender on a bed of mirepoix (small diced carrots, celery, and onion). The taste and the flavoring matter, depending on your taste, style, and preference.

Ultimately, the ultimate judge is whether the plate of food you served is now empty. If it is empty all the time after serving most of your homecooked foods to your loved ones and other people, then give yourself a pat on the back for a job well done ©

# Our Personal Favorites and Looking Forward

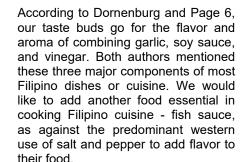
These recipes are all our personal favorites. However, it is not a complete list of dishes Filipinos love to eat. We look forward to creating other visual step-by-step cookbooks. This cookbook will include many other Filipino dishes like dinuguan, pochero (sautéed meat and boiled vegetables - squash, plantain bananas, sweet potato, green beans, and pechay or bokchov served with a garlicky sauce of mashed eggplant, potatoes, and banana). And even a whole suckling pig. We also plan to write cookbooks on dishes from Filipinos abroad, particularly the Fil- Americans in California. Moreover, breakfast, snacks, and some baking and pastries recipes can be found in our other debut book - Happy, Hearty Breakfast and Snacks.

### Cooking is Connecting

Indeed, home cooking is a gift from our loved ones, and we are giftforwarding it to you through this cookbook. Cooking is communication between and among generations, from one culture to another, like Filipinos living abroad trying to fit into another culture. It is also the warm connection we feel whenever we smell the garliclaced simmering vinegar and soy sauce when cooking adobo. Or the gingery smell of steaming arroz caldo (rice porridge) evoking happy and sad memories and moments from us. It is the appreciation when someone at the table burps after a hearty meal or when all plates are "licked clean." Perhaps Kamman's<sup>5</sup> timeless advice to would-be cooks on empty plates licked clean, that is, is truer than ever. This is because Michele and I. whenever we are satisfied with the cooked spaghetti or pasta, will always lick clean the plate with a piece of bread to signal one another how spaghetti was. Or flavorful the perhaps the simple smiling gazes exchanged between us are enough.

### Influences on Filipino Cuisine

Cuisine, like culinary art, is described in the dictionary as the practice or manner of preparing food. What do most Filipinos eat for breakfast, lunch, snacks, and supper or dinner? Do we include the burgers, the pizza we love so much? What, then, can we have in this cookbook? What exactly is the Filipino palate?



Given all these, we have decided to include not only the more traditional foods our ancestors have been simmering long over firewood or crude stoves. But also contemporary foods like pasta dishes, burgers, meatballs, fish balls, crab cake, and others that Filipinos love to eat nowadays. This is mainly due to our past influences, having traded for ages with the Indo-Malays and Chinese merchants and having been under Spanish rule (1521 - 1898) for 333 years and another 48 years under the Americans (1898 -1941) and briefly under Japanese occupation.

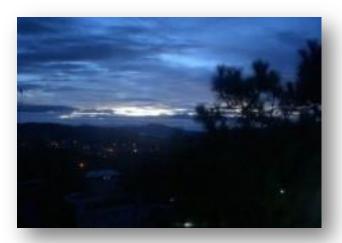
The different cultural influences continue to the present through media – movies, magazines, and the global internet. Interaction, too, through travel in and out of the Philippines and interaction among present cultures strongly influences what Filipinos eat today. So whatever we enjoy preparing and eating these days may be classified as belonging to contemporary Filipino cuisine.

Last but not least point of this cookbook is that it also tells vignettes about Baguio City, the cool weather, and its verdant land growing pine trees, strawberries, broccoli, and cauliflowers never seen in other parts of the country.

Cradled by majestic mountains,
Here dwell freedom-loving people,
Neath the sky
Rains may thee gather,
Dreams of peace, oneness, and progress.
Bless'd with nature's flowing fountain...<sup>7</sup>

# Glimpses of Philippine's Baguio City<sup>8</sup>





Two hundred and fifty kilometers (approximately 155 miles) to the North of Manila is the beautiful city of Baguio. The place is a relatively high flat land, which early colonial Spanish reporters called *meseta, little* tableland, or plateau. It is nestled 5000 feet above sea level, so Baguio enjoys a cool climate almost all year round, unique in the Philippines. Pine trees, strawberries, broccoli, cauliflower, and other plants hard-up growing in the hot climes of the Philippines grow well in Baguio. Most people conjure Baguio as the place where pine trees embrace the foggy skies of Baguio, sweaters and jackets, rowing tiny boats at Burnham Lake Park, and all the other wonderful places of interest in Baguio. Baguio city is also the summer capital of the Philippines; almost anyone won't pass up an opportunity to go there during the summer months (March to May) of each year.











Baguio City's many points of interest are the following:

Session Road City Hall The Mansion Wright Park **Baguio Country Club** Camp John Hay **PMA** Baguio Teachers' Camp **Brent School** Kennon Road & Viewpoint Baguio City Market UP Burnham Park La Trinidad Public Market Strawberry fields (See p. 224) Mother's Garden (See p. 224)



### **Baguio City Today**

But to us, this former grassy hills, home to Ibaloy cattle ranchers and now a prime tourist destination in the Philippines, is less of a tourist place to cool off but a place where you see fruits and vegetables being peddled at every corner and street of Baguio.







The city was designed by Chicagobased architect Daniel Burnham in 1904. Baguio became the summer capital of the colonial US government which ruled the Philippines for many years after Spain ended its more than 300 years of colonial rule after Filipinos rose in the first-ever nationalist revolution in Asia in 1896, winning its independence from Spain.

Kudos to the city officials who have this wonderful vision of bringing back the beauty and cleanliness of Baguio City. Lately, ordinances prohibiting smoking and betel nut chewing were put in place to augment the antilittering campaign of the present local administration. Having seen the courtesy generally given to pedestrians in the US, it will not be overly presumptuous for the authors to want to see this done, too, especially in the city street crosswalks of Baguio.

Crosswalk guards in street intersections in schools may also do wonders in keeping children safe. Add to that will be the proper way of driving and parking vehicles in uphill and downhill locations, as we hate to see a run-away vehicle plowing through the crowded streets of Baguio City.

Big and small food establishments and street vendors selling fish balls, kwek-kwek (deep-fried battered day-old chicks), and other street foods in Baguio City abound.

It may do wonders if the bigger or more tourism-directed food establishments are regulated, and food inspectors often inspect and classify the establishments' food safety, service, and overall availability of its facilities to the buying public. In contrast. compliance with US food safety and regulations will earn the establishment a big "A, B, or C" on its ingress. "A" is the cleanest and safe food to dine. As it is, having both lived a lifetime in the food service, the only quality and safety checks in Philippine restaurants are those internal audits conducted by officers of these same companies.

Smog and pollutioncontrol is also one area where city officials may do wonders in preserving the beauty of Baguio's nature.

#### Home to Big and Small Schools

Baguio City is also home to big and small universities and schools like the University of the Philippines, University of the Cordilleras, Philippine Military Academy (PMA), University of Baguio, Philippine Women's University, St. Louis University, and other quality schools. In addition, exclusive schools such as Brent International and Montessori schools can be found here.

Foreign students majority of them are Koreans, making Baguio their second home. The good quality of education, the generally low cost of education in the Philippines, and the cool climate all year round are probably three good reasons they come to Baguio.

### **Baguio's Interesting Native Dishes**

Conversations among friends in Baguio tell us that many people here are more partial to meat than vegetables. save, of course, for Baquio's pakbet and dinendeng favorites. Some of Baguio's famous dishes and their cooking method are simple and practical, like the pinikpikan, a freshly slaughtered whipped live chicken, sliced, sauteed in garlic, onion, ginger, chayote, cabbage, and bokchoy or pechay and mixed with some itag meat, boiled with water until tender. Itaq is a newly slaughtered pig salted for a week, smoked, and some buried in the ground as practiced by some locales and others not. Lastly, binalsig is a newly slaughtered native pig, cut up in big parts and boiled, with soy and chilies as dips, popular weddings. Finally, the dinakdakan (pig's ears, face, and jowls boiled, grilled, and mixed with pig's brain or mayonnaise) tasted and looked good.

Rice cakes, jams, and other sweets are unique in Baquio City. People on vacation here usually buy these stuff and bring them home as pasalubongs or gifts to loved ones. The ube halaya (purple yam jam) the Good Shepherd's Sisters makes is another favorite. It tastes like the magical stirrings of Mommy Pacita and Danny's grandmothers, except the ube is packaged inside a convenient bottle awaiting Danny to open it and bring out happy childhood memories. The peanut brittle, the magical cookies called lengua de gato, which looks like a cat's tongue, and the strawberry and coco jams taste so good too. However, the sundot kulangot is something we had difficulty eating due the to connotation of the name, literally, "get the boogers."



### Fish and Seafood Supplies

Since Baguio City has a land-locked topography, Baguio's fish and sea foods come from inland waters (Ambuklao Dam's fish cages for fresh tilapia and silver carp) and in the surrounding areas. As well as the nearby province of Pangasinan, known for its bonoan bangus or milkfish as the other source of Baguio's fish and seafood supply. Other provinces surrounding Benguet are Ilocos Norte, Ilocos Sur. Vizcava. Nueva Isabela. Cagayan. According to studies and as divulged to us by friends in the city, lodine deficiency is high among the people of Baguio. Their wet market on fishes and seafood includes squid (pusit), live catfish (hito), and many other seafood items. Even grilled milkfish (bangus) and catfish are being peddled in the market and grilled right before your eyes, selling for 50 pesos (or just about a dollar).





Baguio is many things to many people, but for us, it will always be the Baguio vegetables, the place to home-cook chop-suey and stir-fried beef with broccoli and other Filipino dishes or cuisine.



Bahay kubo, kahit munti ang halaman doon ay sari-sari
Singkamas at talong Sigarilyas at mani
Sitaw, bataw, patani
Kundol, patola, upo't kalabasa
At saka meron pang
Labanos, mustasa
Sibuyas, kamatis
Bawang at luya
Sa paligid ligid
Ay maraming linga<sup>9</sup>



# Vegetables in Filipino Dishes<sup>10</sup>

### **Vegetables of Baguio City**

It is hard to imagine a world without fruits and vegetables. Their importance not only for their esthetic effects on cuisine but also for what they do to the body has been the topic of many scientific studies.

Vegetables contain about 65 to 95 percent water. The water in vegetables is also essential to our body since water is responsible for the circulation of nutrients in our body.

Nutritionist and professor at the University of the Philippines, Diliman, Prof. Luz Callanta, <sup>11</sup> recommends five servings of daily fruits and vegetables. Specifically, vegetables have antioxidants, minerals, and phytochemicals in the correct combination that help keep the blood sugar in balance, create better energy in the body, and along with fruits, help build up the body's immune system.

### **Categories of Vegetables**

There are nine categories of vegetables based on the parts that are eaten: 12 -

1<sup>ST</sup> CATEGORY ARE THE CABBAGES OR BRASSICA, quick growing, and cool weathered crops. The top or heads of this plant are used. Examples are bokchoy, also known as pak choi and bok choi (pechay), broccoli, cauliflowers, cabbage, etc.









### Broccoli,

Contains: calcium, Vitamin C and other essential nutrients for better brain function

Feasible Health Benefits: contains B-complex vitamins and phytochemicals, and powerful anti-cancer compounds





2<sup>nd</sup> are FRUIT VEGETABLES, classified as such because they develop from the ovary of the flowering plants and contain one or more seeds like eggplants, tomatoes, bell peppers, tomatillos, and avocados.



Contains: the phytochemical lycopene (the chemical that gives it the red color)

Feasible Health Benefits: Lycopene reduces the effects of sun damage on the skin and helps prevent prostate problems.

3<sup>RD</sup> ARE GOURDS AND SQUASHES type of vegetables having large, complex root systems with guickgrowing vines and large leaves. Examples include squash (kalabasa), cucumbers (pipino), chayotes (sayote), zucchini, amplaya (bitter gourd), and bottle gourd (upo).





Squash

Contains: Vitamin A and C, calcium, iron, important anti-oxidants, inflammatory properties, also carotenoids

Feasible Health Benefits: Helps prevent cancer, good for our eyes and night vision, and helps our bodies get the Vitamin A we need without getting excess that can lead to osteoporosis.

4th are the GREENS or the leafy green vegetable types like spinach, kangkong (water spinach), etc., served raw or cooked and containing high water content.



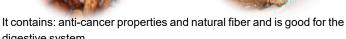
SPINACH AND KANGKONG It contains a good source of iron. Feasible Health Benefits: prevents anemia



5<sup>th</sup> is the MUSHROOM types having stalks with an umbrella-like top, such as shiitake, oyster mushroom, etc.



digestive system



Feasible Health Benefits: It has potassium connected to the prevention of strokes and high blood pressure, and it has selenium which, together with Vitamin E, also protects the cells of the body from free radicals.

Shiitake are both used fresh and dried. It adds flavor and texture to dishes, replacing pork, beef, and poultry meat in your favorite dishes.



The 6th types are ONIONS AND GARLIC, which contain a variety phytochemicals. example, garlic and onions contain allicin, the antibacterial and anti-fungal phytochemical. Garlic is often called a "poor man's antibiotic," considering its easy availability. Garlic and onions in our meal help reduce the effects of the potential toxicity of high-fat meats.



Garlic

Contains: Vitamin A and C, calcium, iron, important anti-oxidants, anti-inflammatory properties, carotenoids / has natural anti-clotting substances effective against fungal infections, arthritis, and other circulation problems.

Feasible Health Benefits: lowers blood pressure, reduces cholesterol, prevents heart attack.... promotes increased bile production, which helps reduce fat levels in the liver

Onions are aromatic and flavorful members of the (lily) vegetable family... most have edible grass-like or tubular leaves.



7<sup>th</sup> are the PODS, SEEDS, AND SPROUTS which contain more protein and carbohydrates than other vegetables. Some examples are corn kernels and peas, all seeds of the plant.



Also included are bean sprouts or shoots of mung beans. Beans and peas, also called *legumes*, are a large group of vegetables with double-seamed pods containing a single row of seeds. These seeds are dried and become beans or peas in our dishes. The pods or the outer cover of the seeds, like in winged beans (sigarilyas), yard-long beans (sitao) or green beans (Baguio Beans), and malunggay pods (horse radish fruits), are also edible.



Tofu (tokwa), a custard-like dish prepared of pureed and pressed soya beans, is high in protein and classified under this category.

Another example is the okra or lady's-finger, used most often for soups and stews.



Okra,

It contains fiber, Vitamin B6, and folic acid and regulates blood sugar balance....



Yellow corn, Green Peas

Feasible Health Benefits: Yellow corn, (green peas too) contain carotenoids, lutein, and zeaxanthin and help reduce the risk of cataracts and macular degeneration. It also reduces the risk of osteoporosis

Peanuts help in brain health and contain good antioxidants, and protect against cancer, heart disease, and other diseases





**8**<sup>TH</sup> ARE ROOTS **AND TUBERS** (RHIZOMES, GINGER).

Vegetable-type roots have single roots that extend deep into the soil and supply the above-ground plants with essential nutrients, while tubers have fat underground stems. Potatoes, sweet potatoes, and yams are tubers, while carrots, turnips, and ginger are root vegetables.







Carrots

Contains: rich in antioxidant beta carotene, alphaphytochemicals, glutathione, calcium, potassium, Vitamins A, B1, B2, C, and E, trace minerals copper, iron, magnesium, manganese, phosphorus, sulfur

Feasible Health Benefits: good for our eyes, helps with night vision, helps get our body the Vitamin A and protects and nourishes the skin, lessens hair loss and restores natural color / helps lower cholesterol and prevents heart attack

Turnips contain many antioxidants like the other vegetable type of cabbage, broccoli, and cauliflowers.









Ginger has thick and branching aromatic rhizomes (horizontal plant stem with shoots above and roots below serving as a reproductive structure) and has gingerols, anti-inflammatory compounds, and volatile oils, which calm an upset stomach and soothes muscle sores and pains.



9TH ARE STALKS, plant stems containing a high cellulose fiber (a complex carbohydrate found in the cell wall of plants, edible but indigestible by humans).

Examples are scallions or green onions, the immature green stalks of bulb onions. Leeks are similar to scallions, but their flavor is stronger and sweeter.

Celery stalks have minerals, especially organic sodium, that keep the joints' fluid healthy.



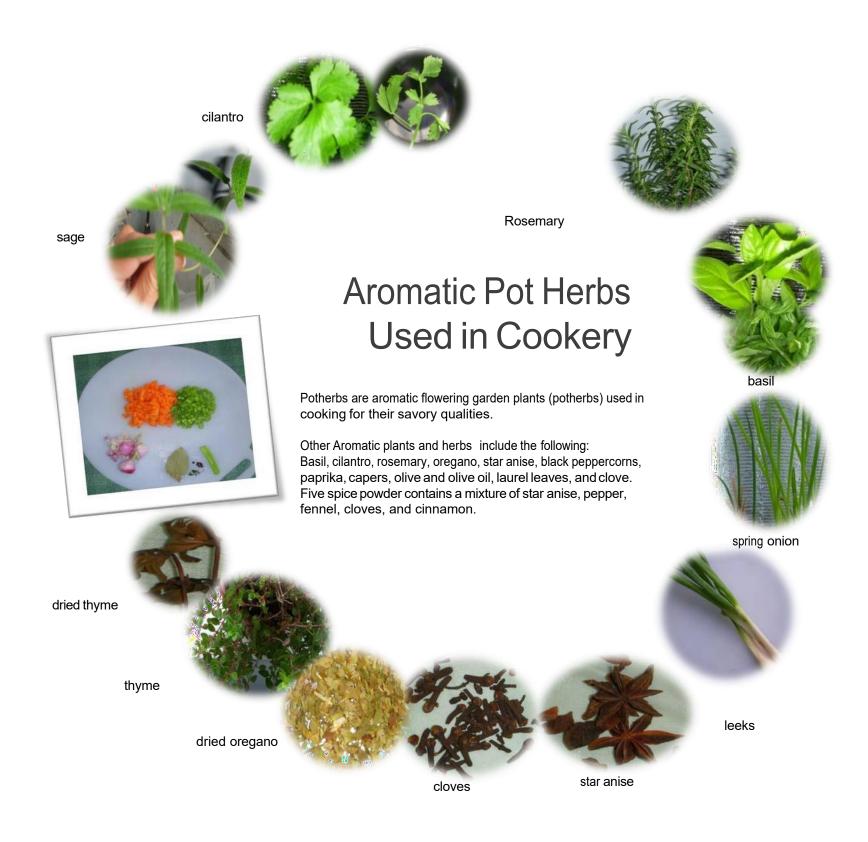


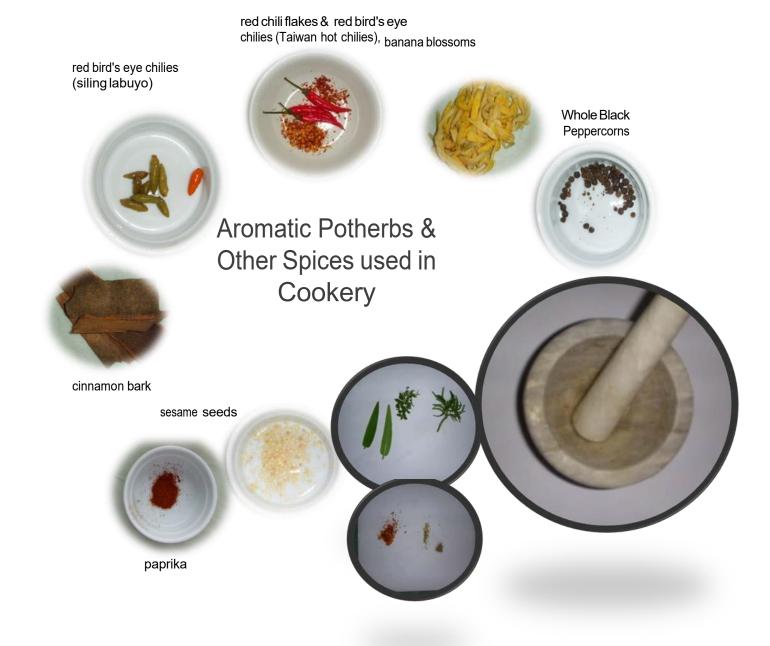
Leeks

Lemon grass is also known as citronella, a long pale green stalk with a bulbous end, much like spring onion, contains aromatic oil that smells like lemon and is widely used in Asian cooking, perfumes, and medicine.



Teas made of pounded lemon grass help detoxify the liver, pancreas, kidney bladder, and digestive tract and helps cut cholesterol, excess fat, and other body toxins





....Amy, Susie, and Tessie Romeo, Juancho, and Jose Marie I love singko pambili ng puto I love dyis, pambili ng *atis\**!<sup>13</sup>

# Succulent Fruits of Baguio City<sup>14</sup>



Succulent fruits seem to abound in Baguio city. We see all these in the public markets of Baguio and La Trinidad.



Kalamansi (calamansi), a very popular souring agent and a good source of Vitamin C, has been used for ages in Philippine cuisine. This little lime is said to be indigenous to our country. A Filipino friend in LA has a fully grown kalamansi plant in his front yard, which bears kalamansi fruits abundantly. He said it started with "seeds" his parents brought when they migrated to the US. Food scientists consider kalamansi a dwarf citrus tree cultivated in the Philippines and southern China. The same studies speculated that it might be a cross between mandarin oranges, tangerines, and kumquats. However, studies are not sure when this cross-breeding occurred in the past.

Atis\* - Atis, a sweet tropical pulpy fruit with thick, scaly rind and shiny black seeds, is known outside the country as a sweetsop, sugar apple, or custard apple. Atis is bountiful around August of each year, posited our "suki" (favorite fruit vendor in Baguio Public Market).

Good with hot tea, sweetened lime juice, pansit (chow mein), and arroz caldo (rice porridge).

It goes well with grilled fish, even kinilaw or our local version of ceviche

An important ingredient in dipping sauces is combined with soy sauce or fish sauce, making it salty, sour, and sweet.

Kalamansi peels are also good for removing the fishy or seafood smell in your hands - just rub the peelings on your





Tamarind fruit (Sampaloc) – used in cooking to add tartness same way western cuisine uses vinegar or lemon juice to add a tarty flavor to their dish. It is the brown sticky pulp of the bean-like pod of the tamarind tree.







The tamarind fruit pulp has a pleasingly sweet and sour flavor High in both acid and sugar, and is rich in vitamin B and calcium.

Dayap, the local lemon or lime, is a strong flavoring for leche flan and macapuno to balance the sweetness of these favorite all-Filipino desserts.





According to food experts, dayap is said to be the equivalent of key lime, which grows in Florida and is used to make pies.



#### SAGADA ORANGES





Oranges, lemons, grapefruit, and lime contain Vitamins C and important antioxidants for the brain.

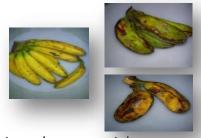


Coconut (gata or cream) used for cooking comes from the grated coconut meat, traditionally soaked in hot water and wrung with both hands to extract the cream. It has no cholesterol, is very low in sodium, and is high in manganese though there is a running scientific controversy that it causes heart problems due to its high saturated fats content.



Bananas are a potassium-rich fruit with many other essential nutrients that boost health. In contrast with other fruits, bananas are a bit high in calories, but moderate amounts in the diet may promote digestive and immune health. Studies show eating high-fiber foods may also help prevent heart disease.

- Bananas are also a popular natural remedy for diarrhea
- Suitable for removing fishbone stuck in the throat, according to Lola
- Bananas are a good source of vitamin B6, which is essential to new cell formation, a healthy nervous system, a healthy liver, and brain functioning. Vitamin B6 also boosts energy and immunity and also promotes healthy skin.



Watermelons contain many phytochemicals and lycopene that may reduce free radical damage, help reduce the effects of sun damage on the skin and prevent prostate problems in men.





Cantaloupe or muskmelon

In addition, Honeydew Melon contains carotenoids that help reduce cataracts, macular degeneration, and osteoporosis risk.

### Papaya/ Pineapple

When ripe is good for papaya shake, and when raw is best for tinola and atchara (pickled vegetables).

- Papaya and pineapple are both high in antioxidants, Vitamin A and C, and help to improve the health of the mucus membranes and connective tissues
- It helps prevent heart disease by improving circulation and preventing inflammation.





When ripe, Spanish plum (Sineguelas, sinegwelas) summer fruit is very sweet, juicy, and loaded with vitamin C.



Duhat is purple berries and are aplenty during summer, and eating duhat is messy and may stain your clothing. Best eaten by washing thoroughly first, then sprinkling with salt, covering, shaking, then nibbling.



Avocados, categorized as green foods, contain carotenoids that help reduce the risk of developing cataracts and macular degeneration and the risk of osteoporosis.



Passion fruits are egg-shaped tropical fruit of passionflower vines used for sherbets, confectioners, and drinks.



Chikko, English sapodilla plum, is a tropical fruit with rough brownish skin and very sweet brownish pulp, which can be eaten both.

Strawberries, Grapes, Beets and apples, cranberries, blackberries, and prunes.







These dark-colored red, blue, and purple foods are rich in antioxidants called anthocyanins that protect against heart disease by improving circulation and preventing blood clots. In addition, they have many anti-aging phytochemicals that keep the blood circulating and reduce the effects of a diet rich in trans-fats and processed foods.

Fruits and vegetables in Baguio and nearby mountainous areas indeed abound in every corner, even along the corridors of the pedestrian overpasses in Baguio (Baguio police officers are doing their best to avoid this though). Vendors situation, clogging overpass through illegal have a "captured market" selling fruits and vegetables for 10 to 20 pesos a bunch. It is the abundance of fruits and vegetables in the unique semi-temperate weather of Baguio that not a day will pass by in our short stay in this beautiful city where we don't get to eat a serving of fruits and vegetables. So love fruits and vegetables, and your heart will stay healthier longer.



## Towards Healthy Eating<sup>15</sup>

**Trim all visible fats** in your meat cooking, and always choose lean meat.

Eat iron-rich food like lean red meat, poultry, and dark leafy vegetables like spinach and kang-kong (water spinach). Studies show that Iron prevents anemia, and kids with anemia have difficulty concentrating on schoolwork. In addition, according to studies, vitamins in spinach and kangkong, such as magnesium and Vitamin B12, play a significant role in creating red blood cells, which carry oxygen to the brain.

**Eat meat in moderation**. Observe the correct portion size for your protein.

Balance your meals by eating plenty of vegetables and fruits. Dr. Jose G. Balaoing. Executive Director of the Cordillera Organic Agriculture **Development Center of Benguet State** University, and Therese P. Jison, Chef/President of Mother's Garden (organic resto offerings plus the ambiance of mountain living on page 224), both of whom we got to meet in Mother's Garden, advocated for organically grown fruits vegetables, i.e., no pesticides and fertilizers on our food. Caveat from the two - no washing can remove these from the vegetables and fruits.





A FILIPINO FOOD PYRAMID based on the Philippine Dietary Guidelines issued by the Food and Nutrition Research Institute, Department of Science and Technology states the following:

CEREAL, RICE, PASTA & BREAD, 5 to 11 servings a day VEGETABLES, 3 to 5 servings/ FRUITS, 2 to 4 servings; MILK, YOGURT, AND CHEESE, 2 to 3 servings; MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS, 2 to 3 servings; FATS AND SUGARS, use sparingly.

Go Mediterranean with your food. A Mediterranean diet high on vegetables, fish, and olive oil mixed with a moderate amount of wine consumption has been associated with slower rates of mental decline in the elderly based on a research study (though not conclusive) on mental acuity and adherence to Mediterranean diet conducted by author Christine C. Tangney, associate professor of nutrition at Rush Medical College in Chicago.

# Mediterranean Diet

Red Meat - Eat a few times a month.

Sweets, Eggs, and Poultry - Eat a few times

a week

Eat almost daily foods such as fish, cheese & yogurt, olive oil, beans, fruits and vegetables....bread, rice, pasta & grains.

**Do not overcook vegetables,** as most vitamins and minerals get lost in the cooking process.

Do not skip breakfast, so you will not compensate for it during lunch or dinner.

**Drink** plenty of water (around 6-8 glasses a day). This is because water circulates in our body all the nutrients from the food we eat.

Sparingly use butter and margarine.

Use canola, olive, and vegetable oil.

Eat tuna and salmon since they contain omega three fatty acids said to "keep the brain sharp and focused," but eat in moderation owing to their mercury content, as experts will caution.

The health benefits of some of the foods, like fish oil, herbal teas, etc., mentioned came from various research though supportive of these benefits are never conclusive.



# Towards a Hassle-free Buying at the Marketplace: 16

**Buy fruits** and vegetables in season. They are much fresher and cheaper.

**Visually inspect** and touch the vegetables you are buying. Avoid those wrapped in colored plastic as much as possible. Choose vegetables without bruises or discoloration on the surface.

**Haggle always** the price. Your accrued savings may go into hundred of pesos (or dollars) in a year.

Choose organic if you can. It is worth the price of not ingesting toxins from the environment. Although, recent studies/findings have declared that "organic products may be less safe in terms of germs like E. coli and salmonella."

**Wash** vegetables thoroughly only when about to use them. If overly concerned

with pesticides in your fruits and vegetables, you may opt to peel these, according to studies.

Schedule and bring your bag (saves the world from these suffocating plastic bags) to the marketplace. Buy heavier and more compact vegetables such as potatoes, sweet potatoes, and others, and place the lighter and easily-wilted or leafy vegetables on top of the heavier load of your bag.



Baquio City Public Market --

Politely say "no" to the buhat boys (carry-your-bag boys & sometimes girls). Tell them you need to exercise, so you carry your bag yourself. Another strategy is to say, "Tapos na kami bata, uwi na kami" (we are done buying, child, and we are about to go home.) The issue is not wanting to help these children who are supposed to be in school anyway. The real reason is the incredulity of letting a small boy carry a bag bigger or heavier than himself, a dangerous hazard we cannot allow to happen. We might as well carry the bags ourselves.

Create your mini kitchen garden of pots of rosemary, sage, thyme, and basil plants right in your kitchen window, as they are easy to grow. Then, harvest those herbs anytime for those delicious and aromatic dishes you will be creating soon.

### Notes for the Readers—

Looking forward .... Enjoy reading the cookbook but first, some caveats -

The measurement used in the ingredients list of the various recipes here is an approximation only. We made practical use of ordinary kitchen utensils available, like teaspoons, tablespoons, and cups.

We have also ensured the availability of all the ingredients. Thus, you can do some of the ingredients here or buy supermarket-ready ingredients like broth or seasoning, wonton wrappers, etc.

To beginners, the spices and seasonings found in the ingredients list (i.e., garlic, onion, soy sauce, fish sauce, and others) are not absolutes. Depending on your taste, you may add or subtract the portioning of these ingredients. For example, if you are the garlicky type, add more garlic cloves to the dish you are preparing. The same goes with controlling the salt in the food being cooked though moderation is important, and don't forget to taste your dish to get that perfect balance of flavors.

Trimming fats when cooking will also be your call though we suggest it for health reasons. Crispy and succulent pata (pork leg) will be a special case; you simply can't trim the fats in a pata. Remember to eat pata in moderation and choose the front pata part in cooking, which has more lean meat. Avoid the sauce where all the fats are deposited after cooking pata.

If you need to double the servings (e.g., Serves 2), then by all means, double it by simply multiplying the meat and vegetable ingredients by two, so it can now serve four quests instead.

Suggested times of preparation, sautéing, and boiling remains as a *suggestion* only, but more important is your judgment based on what you see, e.g., pricking with a fork the meat and vegetables you are cooking to check for tenderness or doneness is best.

Have fun, and don't be a clock-watcher. Cooking time will also depend on the heat setting of the oven or stove, the cooking pans you are using, the amount of mis-en-place or preparation in completing all the ingredients needed, and even the quality and cuts of meat you are cooking. It will also depend on the kitchen techniques you know in orchestrating your ingredients. The pan should also be squeaky clean and at the right temperature before adding oil when searing meat to avoid food from sticking (also splattering hot oil).

Again have fun and welcome "kitchen disasters" because it will give you valuable lessons so that next time you cook a particular dish, you know what cuts, what to prepare, and what to substitute if ever you run out of fish sauce in the pantry. Suggested substitutions were noted in the dishes presented.

The following are some substitution replacement tips you may need when having fun in the kitchen:

Substitute depending on the availability of the following:

Butter for margarine; Canola for olive oil; Vegetable oil for Canola oil;

Sayote (chayote) for papaya in tinola dish (chicken soup with papaya);

Cilantro for radish and winged bean (sigarilyas) in sinigang na isda dish (fish in tamarind broth);

Lime for kalamansi (Philippine lime) in bistek (beef-steak dish);

Spinach or watercress for kangkong (water spinach) in Sinigang na baboy (Pork cubes in Tamarind broth) and vice versa; Soy sauce for oyster sauce, Maple syrup for honey

By all means, substitute ingredients, especially when some ingredients are unavailable, for a healthier option, cost consideration, or you prefer one ingredient over another. Otherwise, exclude that ingredient if people are allergic to it, such as peanuts, or if the doctor, such as fatty foods like crispy and succulent pata. restrict it.

Again, never include ingredients listed in this cookbook for a particular dish, like oyster sauce or peanut, in your home-cooking creations, mainly if you will serve it to someone with known food allergies to these specific foods.

We hate being unable to eat a steaming bowl of kare-kare (stewed oxtail in peanut sauce) if we are allergic to peanuts; thank heavens, we don't have that kind of food allergy.

Some easy kitchen conversions and abbreviations used in this cookbook:

1 cup = 16 T or 48 teaspoons 1 cup = .23658 L 1 liter = 4.226 cups 1 cup = 2 oz (bread crumbs) 2 cups = 16 oz (liquid)

T = Tablespoon t = teaspoon

The complete lists of the various recipes and their corresponding page numbers can be found in the Index parts or at the back of this book. So, if you are a "skipper" type of reader, go straight to the Index and look for the specific recipe and page number for the cuisine you would love to do immediately.

ENJOY YOUR COOKING WITH ALL YOU GOT — YOUR MIND, HEART, AND HANDS!

.... Bahay namin maliit lamang Pero-pero-pero malinis 'to, pati sa kusina Kumain man kami, laging sama-sama<sup>17</sup>

Organization of the Home Kitchen: Mis-en-place & Kitchen Techniques<sup>18</sup>



## Mis-en-place

Have you ever experienced cooking and forgetting to put in an essential ingredient? Or having to rush things since your stock is already boiling and you need to stir things, and everything is a mess? Talk about getting yourself so stressed out that sometimes you just want to abandon all your efforts at cooking. It's a terrible thing and a situation in which we do not wish to put ourselves as cooks again. The lesson learned is TO PREPARE, PREPARE! If you do, then more than half the work is done.

In French, they call it *mis-en-place* (which means putting things in their proper places), which is a sensible and sure way to shorten your kitchen time, ensure you do not forget any ingredient, and make your home-cooking hassle and stress-free. Most of all, you serve mouthwatering dishes on time for your loved ones. Moreover, mis-en-place helps keep your sanity through organizing since, come an actual cooking time, you just pick up the ingredients and cook!

### Set up your Kitchen Station

You will need three containers of plastic, or stainless inserts - one for holding the ingredients, the other for dumping all the peelings and trash when cutting all the ingredients, and the last container will be for the finished product or cut-up ingredients. You can also use old newspapers or reused supermarket plastic bags to collect the peelings, as this is easier to throw in the garbage later. Finally, mix the vegetable peelings with soil to make compost in your home garden.

### **Types of Culinary Cuts**

Proper cutting and slicing are important in cooking since it helps evenly cook meat and vegetables. Your chef d'oeuvre (masterpiece) dishes will feel right to the mouth and look deliciously appetizing!

Properly cut and sliced ingredients will add drama to your dish, making it appear as if a professional chef did it. Your loved ones will also appreciate the time and effort you put into your dishes.

The cuts must be specific and appropriate to the dishes you

are doing.

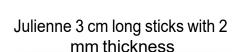
"Emince" is a type of cut that means to cut thinly. Thinly sliced garlic flakes are a good example. Onion can also be cut, emince.



Brunoise finely diced



Paysanne thin square slices approximately 1 mm thick and 1 cm side thin





Chiffonade long thin strips of leafy vegetables, used for garnish

Small dice



Medium dice



Large dice



### Common sautéing ingredients



repoix – carrots, celery lks, onion, bay leaf, d black



Chopped garlic, onions, and tomatoes for sautéing (pang-gisa)

Cutting lemon - press and roll the lemon, then cut it in half; voila, you have more juice to squeeze.



### Making a Roux

Butter 40 – 60% Flour 50 – 60% Whisk

Step 1 Melt Butter in a sauce pan
Step 2 Add flour and whisk
Step 3 Cook to a desired roux type – white,
blonde, or brown

### Plan and Organize

Plan your menu for the whole week so you do food market only once a week, and you can ensure the creation of a more or less balanced meal for the family.

Avoid buying dented or bulging canned goods in the supermarket. Be choosy in buying and check expiration dates.

Have the following basic cooking ingredients in your home kitchen or pantry— cooking oil, vinegar, soy sauce, fish sauce, garlic, onions, potato (not in the ref), laurel leaves, black peppercorns, whole and ground, etc. Stock up on other spices and herbs as well.

### **Before Cooking**

Prepare all the tools and utensils needed to minimize running around the kitchen.

Put serving plates, cookware, measuring cups, utensils, and hand tools nearby. Keep knives sharpened for easier cutting.

Assemble all the ingredients, so come the cooking time, you just grab what you need.

Wash, peel, cut as necessary, and pre-portion the ingredients you need in your cooking as per recipe instructions. Lay the portioning bowls (e.g., small bowls to hold the sugar, pepper, and salt) or ingredients containers side by side on a service table near the stove.

Have handy plastic containers for washing vegetables and immersing these vegetables in water to remove any soil or foreign material that can ruin your cooking and health.

If you are preparing two or more dishes requiring shallots, you better cut them ahead and set aside half of what you will use for the 2<sup>nd</sup> dish.

If you need to pre-blanch vegetables or meats, do this beforehand. Also, prepare your roux, cornstarch, and water mixture or stock before cooking.

To avoid overcooking, use a cool water bath before adding pre-blanched ingredients.



Preheat your pan or oven if you are using one.

Now you are ready to cook with everything organized and at your arm's reach.

### Clean as you Go! Clean as you Work!

Do not let trash accumulate in the kitchen while you are cooking. Instead, throw in the garbage and wipe surfaces as often as necessary while cooking so that half the work is done.

When you cut vegetables, use newspaper as a base, so it's easier to throw away in the garbage.

Ensure to wipe dry the utensils and plates when using them for already-cooked food.

#### **Ensure Food Safety**

Beware of cross-contamination. Clean chopping boards between use, or better still, use a separate color-coded cut board when cutting veggies, raw meat, and cooked meat.

All tools, equipment, and work surfaces must be clean.

Keep hot food hot and cold food cold.

Do not expose food at room temperature as much as possible. Thaw meat inside the refrigerator always. One guide we read advised to throw raw meat if exposed at room temperature for more than two hours. Refrigerate food only when

it has adequately cooled. Make sure to cover these as well.

Store foods at the proper temperatures.

Check stored commercial canned and bottled cooking ingredients in your kitchen for expiration dates.

Do not touch cook food with your bare hands, nor use the same ladle or spoon for tasting different dishes.

#### **Practice Kitchen Safety**

Handle knives and peelers properly. When not used, momentarily park knives underneath the chopping board for safety. Put a wet rug underneath a plastic chopping board to keep it in place.

Ensure walls are clean and floors dry whenever you cook to avoid accidents.

Always use oven-mitten gloves or pot holders when handling hot pans. Have a towel and rug (or a mop) nearby so you can wipe dry anytime water spillage on the counters and floor and thus prevent people, especially kids, from getting into any accident.

Keep cooking surfaces free from grease.

After every cooking, turn off kitchen appliances such as the gas range and oven. Better unplug electric cooking appliances.

From time to time, use sanitizing solution to clean your kitchen. Always wear gloves when using chemicals and keep these chemicals away from food.

Cover trash receptacles and keep hand towels (cloth or paper) nearby to make cooking and cleaning easy.



### **Techniques in the Kitchen**

### Peeling and Seeding Tomatoes

For a more efficient peeling and seeding of tomatoes –

- 1. Cut a small cross on the bottom of the tomato with a sharp paring knife.
- Turn over the tomato and carefully cut the part or core connecting the tomato to the stem.
- Immerse the tomatoes in boiling water for 30 seconds (this will make removing the skin easier), transfer to a bowl of cold water using a slotted spoon, lift from the water, then remove the skin.
- 4. Cut the peeled tomato in half crosswise and squeeze out the seeds.
- Use a knife to cut the peeled tomato into long strips, then cut it crosswise to make small dice.























You can use an onion brulee, which is just burnt, or stove-top grilled onions which you can use to color stocks.

**Oignon pique** -- onion with bay leaf and cloves attached or pinned to the onion

### **Chopping Onions**

Cutting into uniform sizes will ease cooking.



- 1. Peel the onion, then cut it in half and set one aside.
- 2. Make vertical cuts along the onion, avoiding cutting through.
- Make two to three horizontal cuts towards the root end, and be careful not to cut all the way.
- 4. Cut the onion crossways from the top into beautiful, uniform, small dice.





- Peel garlic by pressing the side of the knife lightly on top of the garlic.
- 2. Remove the garlic skin cover.
- 3. Cut the garlic lengthways, then cut across it to make uniform small dice.









#### **Techniques in the Kitchen**

#### **Chicken Stock**

Yield: 3 to 4 cups Ingredients

1/2 k chicken wings or thighs\*

1 large onion, peeled and studded with the cloves

3 cloves

1 bay leaf

1 sprig of thyme (optional)

7 whole black peppercorns



- 1. Cut through the bone of the chicken parts and put them in a large saucepan.
- Peel the onion and stud it with Cloves; put these in the saucepan with the bay leaf, thyme, and whole black peppercorns. Or you may put all of these items in a cheesecloth before adding them to the saucepan.
- Pour about 4 cups of cold water into the saucepan and slowly bring to a simmer. Later you may add more water as needed.
- Using a slotted spoon, skim off and remove the floating scum. Continue to simmer without cover for an hour and a half.
- 5. Strain the stock in a large bowl. Remove the sachet d' epics (thyme, peppercorns & bay leaf) and the onion with cloves. Spoon out all the fats and oil on the surface. Allow to cool, then cover and keep in the refrigerator. You can freeze the stock, which can last up to six months.







Use a strainer for the chicken stock



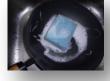




Note: you can also substitute beef and pork bones with chicken.

#### Using a New Pan

- 1. Before first use, wash the pan in warm soapy water and dry thoroughly.
- To condition, rub the pan's interior with cooking oil and heat the pan over low to medium heat for two minutes.
- Let cool, then wash the pan in warm soapy water. Use plastic, rubber, or wooden utensils only.
- Always keep your pans dry when not in use. Never clean your wok in the dishwasher.









#### **Cutting the Meat against the Grain**

Cutting the meat against the grain before and even after cooking will avoid the stringiness of the meat.

This cutting technique also helps cook the meat faster and makes the meat easy to bite when served.

To Avoid Hot Oil Splatter when Cooking, Clean and heat your pan well before adding oil.

To test if the pan is heated correctly, pour a drop of water into the pan, and if the water turns into a "mercury ball," then your pan is already hot, and the food will not stick and will be easy to flip.

To avoid splatters of heated oil when placing your food in the hot pan, dry first with a paper towel the meat or food you will cook.











#### **Cutting and Hydrating Dried Mushroom**

Remove the stipe (the hard stem part of the mushroom). Wash thoroughly in running water to clean and remove any soil sediments. Soak to hydrate and then cut.





#### Searing Pata Slices

Searing pata slices will seal the surface of the pata slice and allow the juice inside to cook the meat to perfection. The long-simmering of seared meat will not only let you cook your meat well, but it will also be tender and juicy.



#### Tenderizing the Meat

To speed up tenderizing of meat, putting the heat on high may help, but the texture is affected, and the juice in the meat is also removed, resulting in a dry texture. Therefore, it is best to buy choice cuts of meat to ensure quality texture.

#### When Cooking Pasta

Only drop pasta when there are already big bubbles in the boiling water, as the movement and the big bubbles will allow the pasta not to stick together and cook properly or al dente.



Put a little water first; the rendered fat will come out when the water has evaporated. Next, collect the rendered oil, dispose of then start the sautéing.

Do the same for pork before sautéing in garlic, onion, and tomatoes (guisa); it removes excess oil or fats from the ground meat.

#### CONTEMPORARY PHILIPPINE MAIN DISHES

MEAT	
FISH	37
1 1011	121
SAUCES	159
SIDINGS	
	164
VEGETABLE	173
SOUP	190
NOODLES & PASTA	

#### IMPORTANT NOTE:

SOME OF THE SPECIFIC TYPES OF MEAT IN OUR INGREDIENTS LISTS MAY NOT BE THE ONES YOU SEE IN THE ACTUAL PHOTOS, I.E., PORK KNUCKLES FOR PATA SLICE, ETC., ....BUT NEEDLESS TO SAY, IT IS BETTER TO STICK WITH WHAT IS SPECIFIED IN THE INGREDIENT LIST. WE ALSO SUBSTITUTED THE MORE CONVENIENT DORY FISH FILLET IN MOST RECIPES, BUT YOU MAY USE OTHER TYPES OF FISH LIKE BANGUS (MILKFISH), TILAPIA, PAMPANO, AND OTHERS.

201



### Meat

Kare-Kare (Tripe and Beef Cubes Stewed in Peanut Sauce)
Pot Roast
Lechon kawali
Crispy Pata
Humba (Braised Pork Belly)
Patatim Redux (Braised Pork Pata with Star Anise)
Chicken Tim (Braised Chicken with Star Anise)
Adobong Pata (Braised Pata Slice in Vinegar and Banana Blossoms)
Kaldereta (Beefstew in Tomatoes)
Bistek (Beef Steak with Onions and Fried Potatoes)
Morcon/Beef Roulade/ Matambre/Embutido
Arroz ala "Cubana" (sautéed ground meat with fried banana & egg)

Inasal / Grilled Chicken Wings with Rosemary
Grilled Longanissa (Grilled Sausage)

Beef Pares
Pork and Chicken Adobo (Stewed Pork and Chicken in vinegar)

Adobo kangkong (Stewed Water Spinach in Vinegar, Soy Sauce, and Left-over Ground Meat)

Pork Liver with Onion Marmalade
Lumpiang Shanghai (Spring Rolls)
Pata Slice in Black Beans & Anchovy Paste
Mechado
Asado (Stewed Sweet Pork)
Menudo
Pork Binagoongan (Sautéed Pork with Shrimp Paste)

### Kare-kare

## (Tripe & Beef Cubes Stewed in Peanut Sauce)

Serves: 2 to 4
Ingredients

1/4 k tripe cut into rectangular shapes (1"x 2"),
washed thoroughly and parboiled

1/4 k beef cut into cubes (short rib or brisket)
Oil for sautéing
Pinch of annatto powder,
6 cloves of garlic, chopped
one medium onion,
chopped one bay leaf
4 cups of water for boiling the meat
1 T salt
Water for blanching the vegetables
one large eggplant cut into
wedges

10 pcs yard-long beans, or sitao, cut into 1" length one small banana heart, cored and cut into wedges ten stalks of baby bok choy or pechay

1 cup dry roasted peanuts, pounded to a creamy paste

1/4 cup malagkit rice or glutinous rice, roasted and grinded into powder (available too at the market stalls in Baguio selling coconut and ingredients for "ginataan." Ginataan is sweetened sweet potatoes, banana, purple yam, tapioca, and coconut milk.)



Note: Peanuts (with red outer covering removed) and ready for roasting is available in Baguio City Market. Pulsed to creamy paste consistency using the food processor or mortar and pestle, don't forget to add a little hot water in processing it into a creamy paste.

1

Parboil the tripe in water and simmer for at least 15 minutes. Discard the liquid. Replace with new liquid, let boil, and simmer again for another hour or until the tripe is tender. Remove cooked tripe and set aside.



Using the same pot, mix the beef cubes and boil/simmer for another hour or until the meat is fork-tender. Occasionally remove the scum and add water to ensure enough liquid for the long-simmering. Put in the bay leaf at the last moment and set it aside.





Heat oil and sauté the garlic, onion, pinch of annatto powder, and meat in a separate pan and continue sautéing for a few minutes. Add the broth, lower the heat, and simmer until the broth is reduced to half.







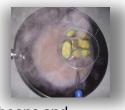
To thicken the liquid, put the toasted ground rice while stirring continuously. Mix in the peanut paste. Stir continuously and turn off the heat, and cover.











In another pot, boil 2 cups of water and salt. Add the yard-long beans and cook until tender. Remove yard-long beans and set aside.

Put the banana heart and eggplants and drain when cooked. Next, put the bok choy or pechay leaves and take them out after 1 minute.

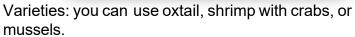
Set aside all the pre-cooked/ blanched vegetables and add only to the meat stew when about to serve. This prevents overcooking the vegetables, preserves nutrients, and enhances the presentation.

Serve with the sautéed shrimp paste.













### Sautéed Shrimp Paste

Serves: 3 to 6 Ingredients

1/4 kilo pork with fats, sliced thin
1 cup shrimp paste (bagoong alamang)
oil for sautéing
4 cloves garlic, chopped
1 onion, chopped
2 large tomatoes, chopped
1 thumb-sized ginger, chopped
1/8 cup sugar
1 cup water
Pinch of annatto powder
1 t dried red chili flakes



1

Wash a fine strainer of the shrimp paste to remove excess preservative salts.



7

Stir-fry the garlic, onion, tomatoes, and ginger. Add the red chili flakes and annatto powder. Mix in the pork strips and add  $\frac{1}{2}$  cup of water. Let it boil and simmer until the pork strips are tender and the liquid dries up. Continue sautéing until oil comes from the pork, or if needed, add some oil for sautéing the shrimp paste.





3

Put the shrimp paste and sauté for 2 minutes. Mix the sugar and remaining water and simmer until the liquid dries up.



Serve with kare kare.

You can also serve at other times sautéed shrimp paste with unripe mango slices

### Preparation of Ingredients & Slicing of Vegetables for Kare-Kare







Rice and Peanut for kare-kare



Prepare a cup of rice and peanuts for grinding.

Roast in a hot pan separately the rice and the peanuts

Using a mortar and pestle, grind both peanuts and rice. Do the grinding of peanuts and rice separately.

Add ¼ cup of water to the peanut until it becomes a paste. Ensure that grinded rice is reduced to a powder consistency before adding it to thicken the sauce of your favorite karekare.

### Pot Roast



### Serves: 2 to 4 Ingredients

½ k prime beef or pork tenderloin, whole cut

1/4 cup oil

2 carrots, matignon cut

2 leeks,

2 onion,

2 celery, matignon cut

1 cup red wine or cooking wine

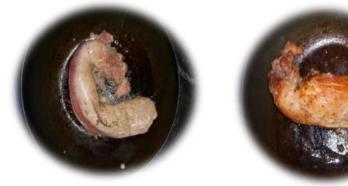
Matignon – finely diced mire poix with meat on plate used as garnish, mirepoix mixture of diced carrots, onions and celery







Heat oil in a dutch oven. Sear all sides of the meat. When done searing, remove the meat and deglaze the bottom of the pot with cooking wine.





Layer all the prepared vegetables (or the mirepoix) at the bottom of the pan, then place on top of the seared meat and pour the broth.





Cover the pot with the lid and cook it on low heat until the meat is tender.





Remove the meat once done and make a sauce out of the drippings by adding  $\frac{1}{2}$  cup broth, then sprinkling with flour and allowing the sauce to simmer until thickened. Add butter, if desired to the broth.













### Lechon Kawali

Serves: 2 to 4 Ingredients

½ k of pork belly, divided into 2 slabs

you can also use machine-sliced pata for doing this dish

2 cloves of garlic, peeled and crushed or

2 t of garlic powder

2 t of rock salt

4 to 5 cups of tap water

1 big onion, chopped

1 whole onion, peeled

1 bay leaf

1 clove, studded in onion (whole)

For marinating the pork belly slabs:

½ cup vinegar

10 pcs black peppercorns, crushed

1 t of rock salt

Enough oil for deep frying

#### Note to the Readers:

Please note that in the subsequent pages, we utilized the same pictures for both lechon kawali and crispy pata. Therefore, we feel there is no need to get the whole pork belly slabs in recreating an authentic lechon kawali dish since both require the same ingredients and cooking procedures.











Marinate the pork belly slabs (you may use pata slices) in 1 t of salt, vinegar, and crushed black peppercorns for 3 to 4 hours. Turning the slabs from time to time to help the marinade to penetrate the meat.





2

When ready, heat water (enough to cover the slabs) in a big pan and boil the slabs or pata slices combined with the crushed garlic, salt, chopped onions, bay leaf, and onion studded with clove.

Simmer until the slabs are tender. Remove the scum from time to time. When done, set aside the broth for future use. Better yet, discard it, as it will have plenty of fat.



3

Remove slabs from the pan and place them in a steamer rack to drip; cover the steamer rack and allow the slabs to dry for at least 2 to 3 hours in a cool place. If feasible, dry these slabs under the sun, with a food screen as cover.





Heat enough oil in a dutch oven.

Cover the slabs in the hot oil (be careful) over a low fire and cover to avoid oil splash. There will be plenty of sputtering (pilansik ng mantika) while the skin side nearest the flame cooks. When the noise has subsided, carefully lift the cover and turn the other side to cook into golden brown.

The skin will be crisp, and there will be plenty of blisters on the skin of the pork slabs, a visual cue that the lechon kawali slab is ready.







Serve with liver sauce (lechon)

or sauce made up of combined fish sauce (patis, 1 T), soy sauce (toyo, 1 T), and vinegar (2 to 3 Tablespoons).

Don't forget the bird's eye chilies or siling labuyo.





# You can buy a liver sauce in the supermarket or create your own:



#### You need the

#### following Ingredients:

1 liver spread or 1/8 k fresh liver, chopped

1 T oyster sauce or soy sauce

2 cloves of garlic, finely chopped

1 onion, peeled and chopped

1 T sweet paprika (optional)

1 bay leaf

Oil for sauteing

1/4 cup vinegar

1 t ground black peppercorns

1 t iodized salt

½ cup white bread crumbs

1/4 cup brown or white sugar

2 to 3 cups of tap water

Heat the oil and sauté the garlic, onion, bay leaf, and paprika. Add the oyster sauce and the liver. Mix in salt and pepper, then the vinegar; don't stir until the vinegar has cooked (the liquid simmers for 2 to 3 minutes).

Add the broth, allow to boil, and simmer, then put the sugar and breadcrumbs to thicken the sauce. Continue to stir until thickened. Remove from heat and serve with lechon kawali or crispy pata.

### **Crispy Pata**

#### Same procedure as cooking the lechon kawali....!



Serves: 2 to 4 Ingredients

1 pork pata (pork feet) make cutting slits (horizontally) on the skin of the pork feet

2 cloves of garlic, peeled and crushed, or

2 t of garlic powder

2 t of rock salt

4 to 5 cups of tap water

1 big onion, chopped

1 whole onion, peeled

1bay leaf

1 clove, studded in onion (whole)

For marinating the pork pata pork: ½ cup vinegar
10 pcs black peppercorns, crushed
1 t of rock salt
Enough oil for deep frying



Marinate the pork pata in 1 t of salt, vinegar, and crushed black peppercorns for 3 to 4 hours. Turning the slabs from time to time to help the marinade to penetrate the meat.

When ready, heat water (enough to cover the pork pata) in a big pan and boil the pork pata combined with the crushed garlic, salt, chopped onions, bay leaf, and onion studded with clove. Simmer until the pata are tender.

Remove the scum from time to time. Discard the liquid. Too fatty for a broth!

Remove the pata from the pan and place it in a steamer rack to drip; cover it and allow the pata to dry for at least 2 to 3 hours in a cool place. If feasible, dry the pata under the sun, with a food screen as cover.

Heat enough oil in a dutch oven. Place the pata in the hot oil (be very careful) over a low fire and cover to avoid oil splash. There will be plenty of sputtering (pilansik ng mantika). When the sputtering noise has subsided, carefully lift the cover and check whether the side nearest the flame has formed blisters and golden brown in appearance.



When ready, carefully turn the other side to cook to a golden brown. Again, you know when one side is ready when the skin looks crispy. Blisters have formed on the surface (as a precaution, we usually use the dutch oven cover to shield us from possible oil sputters when checking the meat. Also, you may remove the dutch oven from the flame when doing this).

Serve with liver sauce (lechon) or sauce made up of combined fish sauce (patis, 1 T), soy sauce (toyo, 1 T), and vinegar (2 to 3 Tablespoons). Don't forget the bird's eye chilies or siling labuyo.

### Humba

### (Braised Pork Pata with Star Anise)



Serves: 4 to 6 Ingredients

1 k liempo or pork belly or pork trotters (5 to 6 slices) 4 cups water for boiling

4 cloves garlic, minced

10 pcs of whole peppercorns, crushed

1/4 cup soy sauce

½ cup vinegar

½ cup cooking wine

2 T black beans (tausi)

1/4 cup brown sugar

1 bay leaf

1-star anise

1/4 cup shelled peanuts

1 T cornstarch dissolved in ½ cup of water Cilantro for garnishing

1

Par boil the meat for 10 minutes and remove scum and fats on the surface. Set aside broth.



2

Mix all ingredients - garlic, whole black peppercorn, soy sauce, vinegar, cooking wine, black beans, sugar, bay leaf, star anise, and peanuts and with this marinade, boil the meat.

Add the broth and simmer for an hour or until the pork is tender. Set aside cooked meat, add cornstarch, and keep stirring until the sauce thickens.





3

To serve, place cooked meat on a bed of steamed Chinese lettuce and top the meat with the sauce. Garnish with cilantro.

Serve with Yang Chow rice.



#### Yang Chow Fried Rice

Serves: 4 Ingredients

4 cups of cooked rice

2 eggs, beaten

2 T oil

1 Chinese sausage (longanisang Macau), chopped

1 bacon or ham, chopped

4 cloves garlic, minced

2 hot dog sausages, cut into small cubes (optional)

4 squid balls cut into small cubes (optional)

pinch of annatto (achuete) powder and

a pinch of red pepper flakes

1 small red and green bell pepper, seeded and chopped 1

small carrot, finely diced

salt and pepper for seasoning

Saute the bacon and take off excess fats and oil. Put in new oil and sauté garlic, ham, Chinese sausage, hotdog, and squid ball for 2 minutes.

Put the annatto powder, red pepper flakes, and seasoning. Put the red and green bell pepper, stir, add the carrot, and continue to sauté for another 2 minutes. Next, mix the cooked rice well with the sautéed meat and garlic mixture, stir-frying for 5 minutes or so.

Make a hole in the middle and pour the beaten egg. Let the egg set for 1 minute, then mix with the rice. Continue to stir-fry until the mixture and egg mix well with the rice.

yang chow rice

Please see page 48 of the Happy, Hearty Breakfast and Snacks Cookbook....



### Pata Tim

Serves: 2 to 4 Ingredients

4 pcs of sliced pork pata (leg)
4 cups of water or just enough to cover the meat 1 t salt
Oil for frying
1 cup root beer or pineapple juice
½ cup soy sauce
½ cup brown sugar
1t sesame oil (optional)

1 T cornstarch dissolved in ¼ cup of water

1 pc medium-sized Chinese cabbage, cut into big strips
6 to 8 pcs fresh shitake mushrooms (optional) soaked in
water for 15 minutes then drained (or use 1 can of
shiitake mushroom, drained)

1 pc. Large carrot, thin
strips 1 or 2 pcs. Star anise
(sangke) 4T oyster sauce



Boil the pork pata for about 45 minutes in salted water. Take out scum and fats. Remove pata, drain, let cool, and deep-fry until golden brown. Let it cool. Set aside the remaining broth.





Put fried pata in a casserole, and add the broth, root beer or pineapple juice, star anise, oyster sauce, soy sauce, and brown sugar. Let boil and simmer until the pata is tender (almost falling off the bone).

Add the carrot strips and shitake mushrooms and simmer for two minutes before pouring the cornstarch. Add the Chinese cabbage and simmer until tender, then add sesame oil.



Place the pata in the center and the vegetables on the side in a serving dish. Pour enough sauce on the pata. Serve hot.







### Chicken Tim

Serves: 4 to 6

#### Ingredients

1 small whole chicken with skin on

10 pcs of shitake mushroom, washed and soaked in hot water or

1 can of shiitake mushroom (optional) drained.

½ cup soy sauce, mix in ½ cup water

½ cup sugar

1/4 cup cooking wine

1 bunch of leeks cut into 1" strips

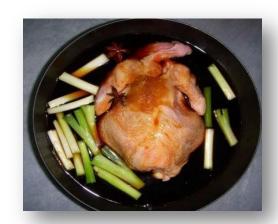
Enough water or broth to cover the chicken or use white stock

1/4 cup cornstarch dissolved in water or use a roux (see page

31) 1 bunch of Chinese Pechay

1 or 2 pcs. Star anise (sangke)

Mix all ingredients in a pot except the cornstarch, Chinese pechay, shiitake mushrooms, and half of the leeks. Add the whole chicken and cook over high heat until the mixture boils. Simmer to cook until chicken is fork tender. Add water if necessary and add seasoning as needed.





Drain chicken from the sauce and transfer to a serving plate.

Pour roux (see page 31), or cornstarch dissolved in water, into the remaining sauce and let simmer to thicken. Add the shiitake mushroom and cook for 5 minutes.







Add the remaining leeks and Chinese pechay and simmer briefly; drain and arrange on a serving plate.

Put chicken on top of the Chinese pechay and pour thickened sauce over the chicken. Serve with rice.

# Adobong Pata with Banana & Blossoms

Serves: 4 to 6



#### Ingredients

4 pcs of sliced pork pata (leg), available in cuts at the supermarket 5 cloves of garlic, minced 2 cups of water or broth 10 pcs of whole black peppercorns ½ cup soy sauce 1 cup brown sugar 4T oyster sauce (optional) ½ cup vinegar Sachet of banana blossoms, available at the supermarket 2 pcs cooking bananas (saba), ripe and peeled, cut diagonally into 3's 1 T corn starch dissolved in ½ cup of water

#### Prepare to coat and fry the pata slices.







Coat pata slices with seasoned flour (flour with salt and ground black pepper

2

Heat oil and fry the pasta slices until slightly brown on both sides. Set aside.

3

Mix all ingredients in a pot except the cornstarch, plantain bananas, and blossoms.

Add the pork pata, cook over high heat, and avoid stirring until the mixture boils. Cook until pata is fork tender. Add water and seasoning as needed.







Remove and transfer the pata to a serving plate.

Pour cornstarch dissolved in water or use a roux to the remaining sauce and let simmer to thicken. Add cut plantain bananas and banana blossoms and cook for 2 to 3 minutes more.



Did you know that banana is brain food? According to studies, it is rich in potassium, manganese, Vitamins B6 and C, and not to forget fiber. The high potassium and Vitamin B6 I e v e I in bananas enhance memory and concentration, which may help your kids in school. In addition, vitamin B6 aids the body in producing serotonin (a neurotransmitter involved in sleep, depression, and memory), norepinephrine, and dopamine (a neurotransmitter for the normal functioning of the central nervous system) and allows kids to concentrate in school.

#### Source:

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011, Retrieved, October 5, 2011.



### Kaldereta

### (Beef Stew in Tomato)







paprika

fresh thyme



inexpensive red wine or cooking wine

Serves: 4 Ingredients

- ½ k of Beef brisket or short ribs cut into 1" cubes
- 6 pcs of a medium onion, chopped
- 2 cups brown stock (you can use supermarket-ready broth or bouillon)
- 1 T of combined sweet paprika, fresh thyme, and dried oregano (optional)
- 4 fresh tomatoes, seeded and chopped
- 1 medium green and red bell pepper, cut into small wedges

- 1 small carrot, cut into small wedges
- 3 medium potatoes cut in quarters
- ½ cup seasoned flour (flour with a pinch of salt and pepper)
- 1 cup of inexpensive red wine or cooking wine
- ½ cup oyster sauce or ½ cup soy sauce
- 4 T Tomato paste
- 1 T red wine vinegar
- 1 can liver pate if desired







1

Rub beef cubes with salt, pepper, paprika and dredge with some seasoned flour. In a heated pan, sear the meat until golden brown. Set aside.







### 2

Using the same pan, sauté the onions until slightly brown. Add the tomatoes and cook until tender; mix in the tomato paste until brown.

Sprinkle with some flour and deglaze with red wine, then reduce. Add soy sauce.



3

Put the seared meat and add the brown stock. Bring to a boil, then simmer. Add water or broth as needed.



4

When meat is fork tender, add the potatoes, bell pepper, carrots, and herbs and simmer for another 20 to 30 minutes until potatoes arefork-tenderr. Pour in the vinegar and let simmer before stirring.

5

Add the liver spread or pate to thicken the sauce if desired.

Season with salt and pepper when meat and vegetables are cooked.





Serve hot with rice.

# Beef Steak with Onions and Fried Potatoes



Serves: 4 Ingredients

½ k beef tenderloin or sirloin cut into steaks
3 large onions cut into rings
½ cup soy sauce
¼ cup juice of kalamansi, lemon, or
lime 2 large potatoes, unpeeled,
sliced thinly
Oil for frying
Celery stalks and julienned carrots for garnishing.
Little butter for a stir-fry of celery and carrots



Combine soy sauce and kalamansi juice and marinate the steak

for at least an hour before frying.



Heat pan, add oil, and sauté onions until slightly brown. Set aside.



Sear each steak on both sides over high heat. Set aside.



Reduce heat and add the marinade to the same pan. Put onion rings and allow the liquid to thicken through simmering. You may add the seared meat and let it simmer for another minute.



Or just pour the thickened, cooked marinade and onions over the beef.
Serve immediately.



Fry potatoes separately and serve on the side.



Stir-fry in a bit of butter the julienned carrots and celery stalks for garnishing





#### Morcon/Beef Roulade

With egg, sausage, cheese, pickles, carrots, etc., and simmered in a rich tomato-based sauce ... dish consists of a thin slice of meat rolled around a filling and cooked, stewed, or grilled....



Serves: 4 to 6 Ingredients

1/2 k beef round, sliced thinly into four

1 pc. hardboiled eggs, cut into quarters

1 pc chorizo de Bilbao (Spanish sausage) or hotdog, cut lengthwise in medium thin strips

1 pc whole pickles, cut lengthwise in medium-thin strips

4 pcs cheddar cheese, cut lengthwise into mediumthin strips

1 medium carrot, cut lengthwise into medium-thin strips

2 Celery stalks, cut lengthwise in medium thin strips 1/4 cup raisin

For the sauce ingredients:

1 medium onion, chopped finely

½ cup of celery stalks cut into small cubes

½ cup of carrots cut into small cubes

4 fresh tomatoes, seeded chopped

1/4 cup tomato paste

2 cups broth or water

6 pcs of whole black peppercorns

1 pc bay leaf

½ cup soy sauce

1 T Brown sugar

string to tie beef



1

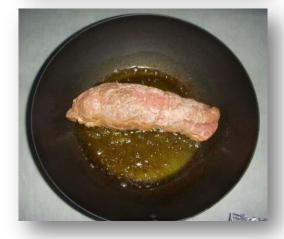
Rub each slice of beef with a pinch of salt and ground black pepper. Mix the kalamansi and soy sauce and marinate the beef slices. Overnight marinating is better. Cover and set aside in the refrigerator.

When ready to cook the morcon, position the following ingredients parallel to the grain of each meat slice to make the beef roulade – sausage, pickle, carrot, celery stalks, cheddar cheese, egg, and some raisin.



Roll the beef slice into a log and secure it with a string knot.

Set aside or roll these in flour and fry.



3

In a separate heated pan, stir-fry the onions, celery stalks, and carrots. Next, flavor fresh tomatoes, tomato paste, and broth with whole black peppercorns, bay leaf, soy sauce, and sugar.





4

Bring to a boil. Put in the fried beef rolls and simmer for 1 to 2 hours. [You can also simply mix all the above ingredients, but stir-frying celery, carrots, and onions will undoubtedly bring out the flavor and aroma.] Remove the meat rolls from the pan.





5

Cut off strings and slice to about 1/2 inch rounds. Serve with the marinade.







#### "Matambre"\*

\*means "hunger killer" (similar to morcon), origin in South America.

Recipe adapted from How to Grill by Steven Raichlen. 2001. Workman Publishing Co., Inc. NY USA.

We decided to include matambre in this cookbook primarily because this South American cuisine resembles the Philippines' favorite dish served during the holidays – morcon.





Put the strips of bacon on the aluminum foil leaving 1-inch spaces between slices.



2

Put on top of the bacon the butterflied flank steak (or you can use pork), with the grain of the flank steak running parallel to the bacon.



3

Season with salt, pepper, oregano, and red wine vinegar.









Put the kielbasa, celery, carrot, cheese, and bell peppers on the steak in neat parallel rows and alternating colors.



Roll up the flank steak like a jelly roll.











Close the roll by twisting the ends of the foil. Prick holes all over the foil. Tie the roll with butcher's strings to ensure a perfect cylindrical shape.





Grill for 1 ½ to 2 hours on medium heat and rotate every 15 minutes. Remove the foil in the last 20 minutes of cooking to crisp the outside. You can steam the matambre rolls for an hour, sprinkle them with flour, and then fry them.



### **Embutido**

(version of meatloaf)



## Serves: 4 to 6 Ingredients

½ kilo porklean, or pigue, grounded finely 1 pc. chorizo de Bilbao (Spanish sausage), chopped coarsely

2 pcs Vienna sausage, chopped

3 T white sugar

1 t salt

1/4 t ground black pepper

1/4 cup white bread crumbs

2 tsp pickled relish

1 pc medium onion, chopped finely

2 T raisins

1 pc of a hard-boiled egg cut into quarters 1 medium carrot, chopped finely

1 cup cheddar cheese, cut into small cubes

1 T clarified butter, spread on the aluminum foil casing



Mix the meat, salt, and other ingredients well, except for the egg.



Divide the meat mixture into 3 equal parts and roll each to form a log.

Distribute the sliced egg and place it in the middle part of each log.

Put each log in a buttered aluminum foil sheet, roll it into a log, and seal both ends.

Repeat for the remaining mixtures.



Prick holes in the foil with a toothpick to allow steam to come out when cooking. Steam for one hour and let cool before storing in the refrigerator.















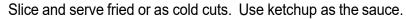












### Arroz a la "Cubana"

# (fancy arroz with sauteed ground meat with raisin and bell pepper)

Serves: 4 Ingredients

¼ k lean ground pork
¼ k lean ground beef
6 cloves garlic, minced
1 medium onion, chopped
2 T oyster sauce
½ cup tomato paste
½ cup raisins

1 red and green bell peppers, seeded and cut into wedges 2 cooking banana (saba/plantain) sliced lengthwise into thin pieces

lengthwise into thin pieces

1 medium sweet potato, peeled and cut the same as
banana

1 small carrot, cut into rounds (optional)

4 pcs eggs, fried sunny-side-up



1

Mix both ground meat and add a cup of water or broth to a pan. Let boil and simmer and cook the meat until the liquid has evaporated. Remove the excess oil. Set aside the meat. In the same pan, sauté garlic, onion, bell peppers, and oyster sauce. Add the meat.









Season with salt and pepper. Mix in the raisin and tomato paste and keep sauteeing for two minutes. Turn off the heat.



In a different pan, fry the sunny-side-up eggs, bananas, and sweet potato separately and set aside.







Put one scoop of sautéed meat on a serving plate and place fried rice, sweet potato, and banana slices on the side. Add one sunny-side-up egg to complete the sumptuous meal.





# Inasal (Grilled Chicken)



1 whole chicken, quartered or preferred chicken parts 5 cloves garlic, crushed and minced 10 pcs of black peppercorns, crushed 1/4 cup kalamansi juice or 1 cup of lime juice, though the acidity of kalamansi is better 2 bulbs lemon grass, chopped finely 1 T dried oregano

1/4 cup vinegar 1 T salt

#### **Basting Sauce:**

1/4 cup olive oil Pinch of annatto powder You may also add a teaspoon of sweet paprika to this basting sauce 3 cloves garlic, pounded & minced 1 shallot, finely minced

Skewers or barbeque sticks Chopped spring onion for garnishing



- Prepare the marinade by combining kalamansi juice, garlic, crushed peppercorns, chopped lemon grass, vinegar, and salt, and soak the chicken overnight inside the refrigerator.
- To prepare our annatto oil, heat ¼ cup of olive oil in a small saucepan, and add a pinch of annatto, sweet paprika, and the chopped garlic and onion. Lightly cook the garlic and onion in the hot oil. Set aside sauce for basting.

Skewer the chicken parts and grill, preferably over hot coals. Baste occasionally and alternately with the annatto oil and the extra marinade.







Serve freshly-grilled chicken inasal pieces with 1 pc of siling labuyo (bird's eye chilies)

1 T soy sauce

1 kalamansi

OR serve with pickled papaya



OR sidings of fried sweet potatoes.





To add flair, pour drops of annatto oil on the boiled rice.

#### Grilled Chicken

#### with Fresh Rosemary





Rosemary



Serves: 4 to 6 Ingredients

12 pcs chicken wings or chicken breasts part

1 t salt

1 t pepper

1 t hot red pepper flakes

4 cloves garlic, chopped

sprig of fresh rosemary chopped

1/8 cup kalamansi juice or lemon

1/8 cup olive oil



You also need the following: BBQ sticks 1 eggplant, cut into small wedges 10 pcs cherry tomatoes 1 red and green bell peppers, cut into small wedges 1 onion cut into quarters

Note: This dish is adapted from How to Grill by Steven Raichlen. 2001. Workman Publishing Co., Inc. NY USA. Page 246.

Combine the salt, pepper, red pepper flakes, chopped garlic, and rosemary, and rub this on the chicken.

Massage the juice of a lemon and extra virgin olive oil into the chicken parts.



Store the marinated chicken parts in the refrigerator for 30 minutes to 1 hour.



Skewer the chicken and put the cut eggplant, red and green bell peppers, onions, and cherry tomatoes alternately, as shown. Grill both sides for 4 to 6 minutes.



Tip: To prevent the stick from burning, immerse BBQ skewers in water overnight or cover the exposed parts of the BBQ stick with aluminum foil.



Serve with peanut sauce.



#### **PEANUT SAUCE**

#### Ingredients

4 T olive oil or vegetable oil
1 t achuete (annatto) powder
1 medium onion, finely chopped
5 large cloves of garlic, finely chopped
8 T peanut butter
1 t chili powder, if desired
½ cup water
Green onions, coarsely chopped for garnishing, or small cucumber, unpeeled and diced

1. Saute onion, garlic, and some annatto (achuete) powder in hot oil, often stirring, for 3 – 4 minutes until garlic and onion are softened but not browned.



2. Put the peanut butter and water and simmer for 2 to 3 minutes until softened and thinned. Sprinkle with chopped spring onions or peeled cucumber cubes and serve with grilled chicken or pork.









Chopped spring onions



### 1

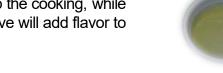
Prick each longanisa/sausage with a fork tine.

# 2

Combine water and beer, and poach or boil the longanisa together

with the onion and cloves for 4 to 5 minutes.

Poaching will speed up the cooking, while the beer/onion and clove will add flavor to the sausage.



3

When ready to grill, brush with oil and cook each side for 4 to 6 minutes. Rotate 90 degrees every two minutes on one side to create a cross-hatched pattern on the sausage skin.

## Serves: 2 to 3 Ingredients

1 dozen longanisa links
(kielbasa or any spicy
sausage will do)
1 medium onion, peeled
& quartered
1 T vegetable oil for
basting
1/4 cup beer
3/4 cup water
2 to 3 pcs cloves



Local sausage in the market



To serve, garnish with grilled onion and green & red bell peppers over fried rice or toast bread. Serve 3 sausages per plate

# Sausage (Ionganisa), Grilled

Note: This dish is adapted from How to Grill by Steven Raichlen. 2001. Workman Publishing Co., Inc. NY USA. Page 148. It is another take on our usual boiled longanisa or sausage. The grilling of the sausage also adds another dimension to the flavor.

### Beef Pares



star anise (sangke)

Serves: 2 to 4

#### Ingredients

1/2 k Beef Brisket Boneless Water for boiling

#### Marinade:

1/4 cup soy sauce 1 t black pepper 1/4 cup sugar

#### For Sautéing:

1 clove garlic, crushed

1 pc medium size onion, chopped

2 T ginger

2 pcs star anise (sangke)

1 t sesame seeds

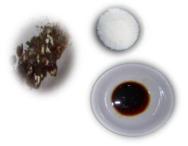
1 T flour dissolved in 1T water





Boil beef brisket in water just enough to cover it over low heat for an hour or until tender.

Take out the scum and fats. Remove beef brisket and drain. Reserve the beef broth.



Marinate tender beef brisket for 30 minutes by combining soy sauce, black pepper, and sugar.

Sauté garlic, onion, and ginger. Add marinated beef brisket and sauté for 5 to 10 minutes.







Put around 2 cups of beef broth and simmer for 30 minutes. Add the remaining marinade and simmer for another 5 minutes. Add star anise, dissolve flour in water, and pour gradually into beef while stirring to thicken the sauce.







Best served with noodles or rice.



### Pork and Chicken Adobo

### (Stewed Pork and Chicken in Garlic & Vinegar)

## Serves: 4 to 6 Ingredients

1/2 k chicken parts (leg quarter, breast, and wings)
1/2 k pork belly (liempo), cut to 1" x 2" cubes 6 cloves garlic, minced
10 to 15 pcs of black peppercorns, crushed
3/4 cup red wine vinegar
2 to 3 pcs of cloves

1 T salt
1 bay leaf
1 cup water
Oil for frying the meat
1 T black vinegar (optional)
1 T cornstarch mixed in ¼ cup water or roux
Liver spread (optional)





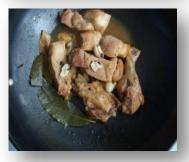
Mix the garlic, peppercorns, red wine vinegar, black vinegar (if unavailable, substitute soy sauce), salt, bay leaf, and clove in a bowl. Add pork and chicken pieces to the marinade. Set aside for at least an hour.





Add cooking oil to the saucepan and sear the marinated chicken and pork pieces when ready. Do not overcook





Pour the 1 cup water and marinade into the saucepan with the seared chicken and pork and let boil and simmer for 15 to 20 minutes until pork and chicken pieces are tender.



4

Put in the roux (see page 31) or use 1 T cornstarch diluted in 2 T water to thicken the adobo sauce. Another way is to add liver spread to thicken the sauce and add another dimension of flavor to your adobo.



Serve hot with boiled rice.



# Adobong Kangkong

(sautéed water spinach in vinegar, soy sauce, and left-over ground meat)

Serves: 2 to 4 Ingredients

½ bundle of water spinach (kangkong tender leaves), washed thoroughly, blanched in salted water

½ cup leftover ground lean meat (beef or pork / or combination)

4 cloves garlic, peeled and crushed

½ onion, peeled and cut into half moon shaped

4 T vinegar

1/4 cup soy sauce

Pinch of ground black pepper

1/4 cup water

1 T fish sauce (patis) (optional)





Prepare the water spinach (kangkong) and blanch in salted water for a minute. Drain well and set aside.



Heat oil in a pan and stir-fry the garlic, onion, and ground meat.



Add the vinegar, soy sauce, and a pinch of pepper. Stir only when the liquid is simmering. Next, add the water or broth and fish sauce.



Lay on the side of the stirfry pan the blanched
water spinach or kangkong.
Meanwhile, shake the pan
for a minute or so to
bring the sauce of the stirfried meat to it. Then,
scoop the water spinach
and place it on a serving
platter or bowl.



5



Top with the stir-fried meat and sauce. Serve.

# Pork Liver with Onion Marmalade

(you can utilize the onion marmalade for both pork and beef steak)



Serves: 2 to 4 Ingredients

¼k pork liver
1 t salt
1 t ground black pepper
¼ cup juice of kalamansi or lemon
Oil for frying

For the marmalade:
1 T butter
4 large onions, cut into thin rings
2 T brown sugar
Pinch of salt
5 T red wine vinegar
½ cup cooking wine or an inexpensive red wine



#### Cooking the Liver



Sprinkle salt, pepper, and juice of kalamansi into the liver.



Fry the liver on both sides for two to three minutes. Set aside.



### Cooking the Marmalade

1

Sizzle butter until slightly brown for 3 to 4 minutes. Add onions, sugar, and salt.





2

Stew the onion rings for about 30 minutes and keep stirring until it has turned dark caramel brown.







Deglaze by adding the cooking wine or inexpensive red wine and vinegar. Cook until the liquid dries up.







To serve the marmalade onion with the fried liver, either put it on top or on the side

# Lumpiang Shanghai

(Spring Rolls)



Serves: 4 to 6 (20 lumpia rolls approx) Ingredients

1/8 ground lean pork
1/8 ground beef
Oil for sautéing
3 cloves of garlic, chopped
1 large onion, chopped
1 thumb-sized ginger, chopped
1 medium carrot, chopped

1 cup turnips (singkamas), diced small

1 red and 1 green bell pepper, chopped ½ cup broth

1 T scallions, finely chopped

2 T oyster sauce

1 egg white, lightly beaten

spring roll wrapper

10 pcs. Shrimps, peeled, deveined, and chopped

(optional)

Sauce: Sweet and sour sauce or vinegar with chopped chilies and onions







Sauté the garlic, onion, and ginger. Add the carrots, turnips, bell peppers and sauté for another 2 minutes.







2

Keep sautéing, and add the ground meat, shrimp, and oyster sauce. Add the broth or water and allow the liquid to dry up. Mix in the scallions and set aside.



Separate the spring roll wrappers. Place a scoop of the mixture on the edge of the wrapper. Roll from edge to edge and seal with your finger the other ends with egg white. Wrap the rest and freeze the spring rolls. When ready for frying, cut the rolls into two using a kitchen scissor.

Heat enough oil for deep frying. Fry the rolls until crispy and golden brown. Serve hot and with sweet and sour sauce or vinegar.







# Pata Slice in Black Beans and Anchovy Paste

Serves: 2 to 4 Ingredients

½ k pata slice 1 cup black beans, soaked overnight 3 cups of water for boiling black beans water or broth 4 to 6 cloves of garlic, minced

1 onion, chopped 1 thumb-sized ginger, crushed ½ cup anchovies sauce 10 to 15 bitter gourd leaves 2 green finger chilies





Boil in 3 cups of water the soaked black beans until tender. Set aside.



2

Sauté the garlic, onion, and ginger. Add the pata slices and continue sautéing for 5 minutes. Add the anchovies sauce and allow to boil.







Add enough water or broth, just enough to cover the meat. Simmer for an hour until the meat is tender. Remove the scum and fats.



In place of bitter gourd leaves, you may also add the sliced bitter gourd itself >







Add the black beans. Cook for 10 minutes more. At the last minute, add the bitter gourd leaves and chilies. Serve hot with rice.

## Mechado



Serves: 2 to 4 Ingredients

½ chicken assorted cuts

1/4 cup olive oil

6 cloves garlic, chopped.

1 medium onion, chopped.

5 to 6 tomatoes, seeded and diced

1 T fish sauce

1/4 cup soy sauce

1/4 cup kalamansi juice or lemon

1/4 cup tomato paste

1 green and red bell pepper, seeded, cut into small wedges

2 cups broth

2 medium potatoes, peeled and cut into quarters 10 pcs whole black peppercorns

1 T Thyme, chopped (optional)

1 small bay leaf



Sauté the garlic, onion, and diced tomatoes in olive oil.



2

Add the chicken cuts. Put fish sauce and keep stirring until the meat absorbs the liquid. Pour in the soy sauce and calamansi juice and wait until the liquid dries. Put the tomato paste and continue sautéing.



Pour the remaining broth and add the potatoes (which may be fried before adding if desired) and cook until tender.



Add the bell peppers and a cup of broth and simmer for 2 minutes.





5

Add the black peppercorns, thyme, and bay leaf and continue to simmer until olive oil separates from the sauce. Serve hot.



# Asado (Stewed Sweet Pork )



## Serves: 2 to 4 Ingredients

 $\frac{1}{2}$  k deboned pork jowls, cheeks, or ears, thinly sliced diagonally

1/4 k pork liver, cut into long strips

1/4 k pork strips

1 medium carrot, diced

4 medium stalks celery, diced

1 cup red wine vinegar

½ cup water

½ cup brown sugar

1/4 cup soy sauce

10 to 15 whole black peppercorns

7 pcs clove

1-star anise

1 medium radish, peeled, cut thinly using a peeler, washed twice in salt and

water to remove the strong off odor 1 medium carrot, peeled and sliced thinly with a peeler



Sauté diced carrots and celery stalks. Add the pre-cooked pork strips and liver. Keep sautéing for 5 minutes. Set aside.



2

In another clean pan, heat oil and fry the pig's jowls, cheeks, or ear parts. Dispose of rendered fats. Set aside.





3

Combine the following in a pan: vinegar, water, sugar, soy sauce, black peppercorns, clove, star anise, and pig's face and ears. Let boil and turn down the heat to simmer until the meat becomes tender.







Add the pork strips and liver. Simmer for 15 to 20 minutes more until the liquid thickens.

Put the radish and carrots and cook for 2 to 3 minutes more.

Put meat on the bed of radishes and carrots, and serve with atchara.











atchara





## Menudo

Serves: 4 to 6 Ingredients

½ k pork cut into half-inch cubes¼ k pork liver sliced the same way as pork1 chorizo de Bilbao sausage, cut in small cubes

Olive oil for sautéing

4 cloves garlic, minced

1 large onion, chopped

2 tomatoes, seeded and chopped

2 T fish sauce

1/2 cup soy sauce pinch of ground black pepper

2-3 cups broth or water

2 cups of canned or fresh green peas

2 small red and green bell pepper, cut into medium cubes

½ cup raisin

10 pitted black olives (optional)

1 cup of tomato sauce

5 big potatoes, peeled and cut the same size as the pork

2 T vinegar

Salt and pepper

Heat oil in a saucepan, then sauté the garlic, onion, tomato, and bell peppers. Add the pork and sauté until slightly browned. Add fish sauce and allow the meat to absorb the fish sauce. Add a little broth to the cooked meat until the liquid dries up.





2

Pour soy sauce and continue occasionally stirring until the meat absorbs the soy sauce.

Add the chorizo sausage and the pork liver. Stir in the potatoes and green peas to absorb the oil, pour the remaining broth, and simmer until the potatoes are cooked.







Add the raisins, olives, and tomato sauce. Simmer for 5 minutes.





Add the vinegar, and boil before stirring—season with salt and pepper.

# Pork Binagoongan

## (Sautéed Pork with Shrimp Paste)



Serves: 3 to 6 Ingredients

½ k pork sliced into 1" cubes
¼ cup fresh shrimp paste
(best to wash in running water & strain to take out the saltiness)
oil for sautéing
pinch of annatto powder
3 cloves garlic, minced
1 medium onion, chopped
8 to 10 tomatoes, seeded and chopped
1 thumb-sized ginger, crushed

1 medium green and red bell peppers, seeded and diced into small cubes ½ cup vinegar
1 cup water
2 to 3 finger chilies, sliced or whole
3 to 4 T brown sugar





Boil the sliced meat in a pan (no salt). Set aside.

2

Prepare the annatto oil by sautéing the oil and the powder in a heated pan.



3

Put the meat into the hot annatto oil and fry until brown. Set aside.



Take out excess oil from the pan, and with a little oil remaining, sauté garlic, onion, tomatoes, and ginger. After 2 to 3 minutes, add the red and green bell pepper and sauté for another 2 minutes.







Put the shrimp paste and pour 1 cup of water. Simmer and wait for the liquid to dry up. Next, mix vinegar (don't stir until it boils). Finally, put the chilies and sugar.





Put the fried pork cubes into the sauce.
Combine well and let the meat absorb the oil.
Remove the crushed ginger.

Serve with sliced mango or pineapple. You can also create binagoongan fried rice with a few extra steps.



## Seafood Dishes



Fish Tausi (Black Beans) with Tofu

Fish Fillet in Escapeche Sauce

Fish Sarciado 3-way Squid – Squid with Ink/Without Ink / Calamari

Fish Fillet and Vegetables in Tamarind Broth

Fish Fillet Grilled in Banana Leaf

Pinaputok na Dory Fish Fillet (Grilled Fish Fillet in Foil Packets)

Dory Fish with Totcho/Totso sauce

Fish Fillet with Deep-fried Vegetables and Vinaigrette

Paksiw (Fish Stewed in Vinegar) and Guisadong Mongo sa Tinapa (Sautéed Mongo Beans in Smoked Milkfish Flakes) Fish Cakes / Crab Cakes/ Fried Fish Wontons



#### FISH

Want to boost your brain power? Enhance memory for your kids? Lower risk of dementia and strokes for adults? Then integrate as much fish into your daily meal.

According to studies, fish is a good source of omega-3 fatty acids, which slow mental decline and lower the risk of dementia and strokes.

#### Source

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011

# Fish Tausi (Black Beans) with Tofu

# Serves: 2 Ingredients

1 medium dory fish fillet or pompano fish 1 egg slightly beaten ½ cup milk seasoned flour with salt and pepper 1 t kalamansi oil for frying 3 tofu blocks cut into medium cubes 4 cloves garlic, minced 1 small onion 2 tomatoes, seeded and chopped 2 T black beans ¼ cup vinegar



1 cup water or stock
salt and pepper to taste
roux for thickening sauce or cornstarch and water
1 red and green bell pepper, cut into wedges
Leeks, trimmed to an inch
Celery stalk or cilantro for garnishing

Dory Fish – pike-like freshwater perches, marine fishes widely distributed in mid-waters and deep slope waters



Mix egg and milk. Season the flour by adding salt and ground pepper. Dribble the fillet with lemon juice and dip it in the milk and egg batter. Dredge the fillet into the seasoned flour. (For whole fish, dredge it in seasoned flour, fry it immediately, and set aside.)





Fry fish and set aside. Fry the sliced tofu and likewise set aside.



Sauté garlic, onion, tomato, and black beans (mash the black beans with the back of the spoon). Add the bell pepper and leeks.







Mix in the vinegar and wait till the liquid has simmered before stirring. Add the broth and simmer for 2 minutes.

Mix in the roux or cornstarch and water to slightly thicken the sauce. In a serving dish, put the sauce, then top with dory fish and tofu.

Garnish with celery or cilantro on top of the fillet and fried tofu.





## Fish in Escabeche Sauce

## Serves: 2 Ingredients

1 medium dory fish fillet or pompano or milkfish etc 1 egg slightly beaten ½ cup milk flour seasoned with salt and pepper 1 t kalamansi oil for frying 4 cloves garlic, minced 1 small onion 2 tomatoes, seeded and chopped 1 thumb-sized ginger cut into tiny matchsticks 1 green/red bell pepper cut into wedges 1 small carrot sliced into matchsticks 1/4 cup vinegar ½ cup oyster sauce



4 T brown sugar
1 cup water or broth,
salt and pepper to taste
roux for thickening sauce or cornstarch and water
Spring onions cut into 2" for garnishing

#### Optional:

1 eggplant sliced into 1 cm thick

Mix egg and milk. Dribble them with lemon juice in the fillet and dip them in the milk and egg batter.

Dredge the fillet into the seasoned flour, fry the fish, and set aside. (For whole fish, dredge in seasoned flour, fry immediately, and set aside.)



2

Sauté garlic, onion, tomato, and ginger. Add bell pepper and carrots.



3

Mix in the vinegar. Let boil a little and stir while adding the oyster sauce. Add the brown sugar and broth and let it simmer. Finally, pour the roux to slightly thicken the sauce.







Pour sauce and top with dory fish on a serving plate and put fried eggplant slices on one side and spring onions on the other.



## Fish Sarciado

(Pan-fried fish fillets with sautéed garlic, onion, tomatoes, and egg)





Serves: 2

#### Ingredients

1 medium dory fish fillet,
cut into two (or pompano or milkfish etc.)
1 egg, beaten
flour seasoned with salt and pepper
oil for frying
4 cloves garlic, minced
1 small onion
4 to 6 fresh tomatoes, seeded and chopped
1/8 cup cooking wine
1/2 cup water or broth
1/8 cup fish sauce to taste
Salt and pepper
roux for thickening sauce or cornstarch and water



Sprinkle the fillets with salt and pepper. Coat these fillets in beaten egg and then dredge in flour. Heat oil and fry the fillets. Set aside.









Drain the oil from the pan, and using a little of the remaining oil in the pan, saute the garlic, onion, and tomatoes.



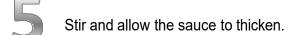
Mix in the fish sauce and the cooking wine and allow to evaporate.

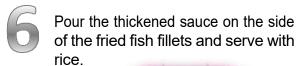




#### Add the broth and the remaining beaten egg and allow to set.













#### Note:

With the beaten egg added to the above dish, technically, Filipinos call it a Fish Cardillo. Sans egg added, it is called Fish Sarciado. The same flavor profile for both dishes, though – fried fish with a sauce made from tomatoes, garlic, onions, and fish sauce.

# 3-Way Squid



#### Sautéed Squid with Ink Sautéed Squid w/out Ink Calamare



## Stewed Sautéed Squid with Ink

Serves: 2 to 3 Ingredients

5pcs squid, cleaned with the ink sacs intact

Oil for sautéing

2 cloves garlic, minced

1 onion, chopped

1 big tomato, diced small

1 thumb-sized ginger, peeled and crushed

2 T Cooking and Marinade Sauce for marinating the squid meat

1 t soy sauce

10 pcs whole black peppercorns, crushed

1 bay leaf

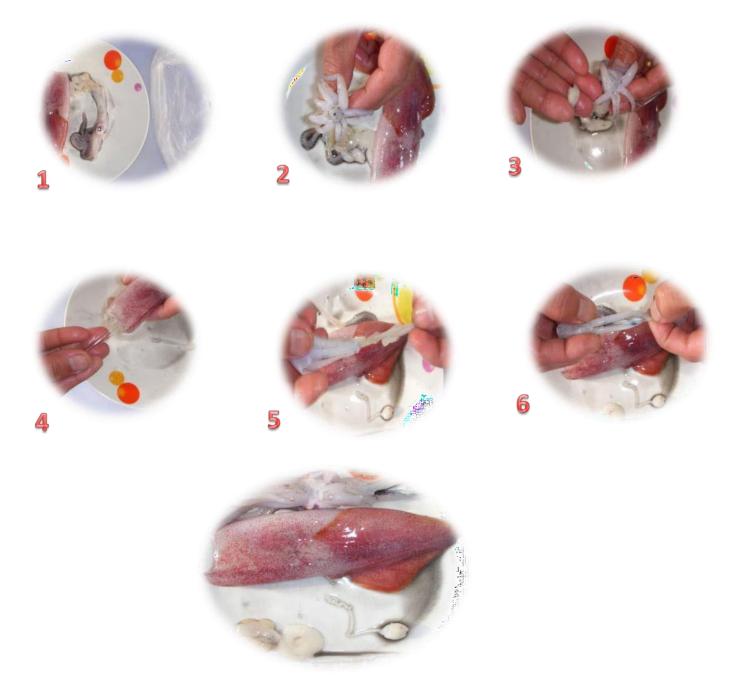
1 clove

fish sauce (patis) to taste or a pinch of salt and ground pepper 1/4 cup red-wine vinegar

1/4 cup water or fish stock



# Cleaning Squid





Heat the pan and add oil. Sautee garlic till brown; add the onion, tomatoes, and ginger. Finally, mix the cut-up squid(body), soy sauce, black peppercorns, clove, and bay leaf.



2

Season with fish sauce or salt and pepper and continue to sauté for 2 minutes. Add the heads of the squid with the ink sacs intact and continue to sauté for another minute.



3

Pour vinegar and water. Allow simmering for 5 minutes or until the sauce thickens. Stir only when the vinegar and water have simmered. Serve with the calamari and the sautéed squid without ink.

# 3-Way Squid

Sautéed Squid with Ink Sautéed Squid w/out Ink Calamare





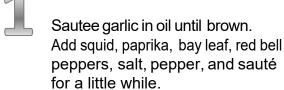
## Sautéed Squid w/out Ink

Serves: 2 to 3 Ingredients

5 pcs squid, cleaned
Oil for sautéing
1 clove garlic, minced
1 t paprika
1 bay leaf
1 red bell pepper (wedge)
pinch of salt and ground pepper
1/4 cup red-wine vinegar
1 t soy sauce
1/2 cup fish stock or water
1 clove
1 T sugar
1 finger chili cut into wedges with seeds

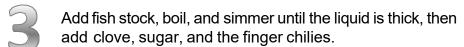








Mix in the vinegar and soy sauce and allow to boil. Do not stir until it boils.





# 3-Way Squid

#### Sautéed Squid with Ink Sautéed Squid w/out Ink Calamari





Serves: 2 Ingredients

5 pcs squid, ink sac removed, rinsed and patted dry, and cut into 1-inch rings

1. Tresh juice of calamansi

1 T fresh juice of calamansi ½ cup milk

1 egg beaten

Seasoned flour (mix with a pinch of salt, pepper, and paprika)







- 1
- In a bowl, mix the squid rings with the juice of calamansi.
- In another container, mix the milk and the egg. Finally, dip the calamari in the mixture.
- Dredge in seasoned flour and deep fry for 2 to 3 minutes until golden brown.



Drain and serve with a mixture of mayonnaise and catsup or sour cream dips on pages 162 --



Fish Fillets & Vegetables in Tamarind Broth

Serves: 2



#### Ingredients

1 medium dory fish fillet cut into two or pompano

15 pcs tamarind fruits

1 finger chili, whole

1 tomato, cut into wedges

1 onion, cut into two

Fish sauce to taste

4 pcs okra, scraped and cut to two

1 medium radish, peeled and cut diagonally

4 celery leaves





In a pot, put the cold water and the tamarind fruits. Bring to a boil and simmer. Remove the cooked tamarind fruits using a strainer and the back of the spoon or ladle, extract the tamarind juice, and set aside.

2

Put the tomatoes and onions in the same pot, mix the tamarind juice, and season to taste with fish sauce. >



3

Allow to boil, simmer, add the okra and radish, and cook until tender.

4

Add the fish > and simmer for 10 minutes more. Add the celery at the last minute of cooking.

Serve hot.





#### Ingredients

1 medium dory fish fillet cut into two or Pompano or Tilapia (gutted and scales removed)

1 T Butter

banana leaf

4 pcs Baguio pechay

1 sprig rosemary

1 sprig thyme

1 finger chili, seeded and cut diagonally into small

strips 1 T chili flakes

salt and ground black pepper for seasoning



Serves: 2

## Fish Fillet Grilled in Banana Leaf





Lay on top of the banana leaf the Baguio pechay leaves. Then, put the fish fillet on top of the bed of pechay leaves.





Put butter on top of the fish fillet. Next, sprinkle the sprigs of thyme, rosemary, salt, pepper, chili flakes, and finger chili strips on the fish.



Close the banana leaf packet and secure it with a toothpick.

Grill for approximately 5 minutes. Serve with kalamansi, soy sauce, and 1-2 bird's eye chilies (siling labuyo, optional).





#### Ingredients

1 medium dory fish fillet or milkfish
2 t Salt
1 t ground pepper
Sprigs of thyme
1 thumb-sized ginger, cut into thin
slices 1 small onion, minced
1 tomato, sliced into rings
1 celery stalk, chopped
green bell pepper, cut into wedges
2 pandan (screw pine) leaves
Celery leaves
2 small slices of butter
Aluminum foil
Cilantro for garnishing

# Pinaputok na Dory Fish Fillet

(Grilled Fish Fillet in Foil Packets)



Serves: 2



Season both sides of the fish with salt and pepper. Sprinkle fresh thyme leaves on top of the fish.



Smear the foil's surface (dull side) with butter, then place the fillet.





Put all the rest of the ingredients – ginger, onion, tomato, celery stalk, green bell pepper, and pandan leaves on the side of the fish. Then, top the fish with the remaining butter.







Fold to close the foil and crimp on the sides to keep liquid from coming out when the fish is turned during grilling. Char-broil the packets—grill fish for 8 to 12 minutes on both sides.

Garnish with cilantro and serve with calamansi, soy sauce, and 1-2 bird's eye chilies (siling labuyo, optional).

# Dory Fish Fillet with Totcho Sauce

Serves: 2 Ingredients

1 medium dory fish fillet or milkfish
1 egg slightly beaten
1/3 cup flour
1T baking powder
1 t kalamansi juice
Salt and pepper to taste
¼ cup water or stock
Oil for frying

#### Sauce:

¼ cup calamansi juice¼ cup soy sauce1/8 cup brown sugarRouxOnion marmalade as garnish



Dory Fish fillet with Totcho Sauce Garnished with onion marmalade





Prepare batter by mixing egg, flour, baking powder, lemon juice, water, or stock (fish). Add salt and pepper to taste.







2

Use the batter to coat the fillet. Fry the fillet.





3

Cook the sauce in a pan by mixing the  $\frac{1}{2}$  cup calamansi juice with the soy sauce and sugar. Thicken the sauce by adding roux.





Put sauce on a plate to serve with dory fish and onion marmalade.

# Fish Fillet with Deep-Fried Vegetables and Vinaigrette

## Serves: 2 Ingredients

1 medium dory fish fillet
1 egg beaten
½ cup beer (optional)
½ cup flour
Salt and pepper
2 t Baking Powder
1 t kalamansi
Oil for frying
Broccoli florets,
Cauliflower
Kangkong





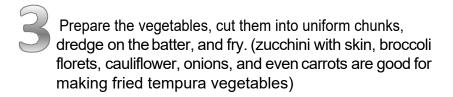
Prepare batter. Mix the flour, salt, pepper, and baking powder. Mix in the egg and beer if you are using beer. Mix well. Meanwhile, rub the juice of kalamansi onto the fish fillet. Sprinkle salt and pepper to taste.

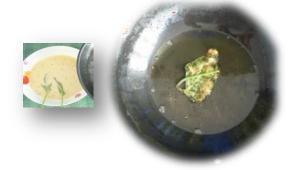




2

Coat the fillet with the prepared batter. Fry the fillet. Set aside.



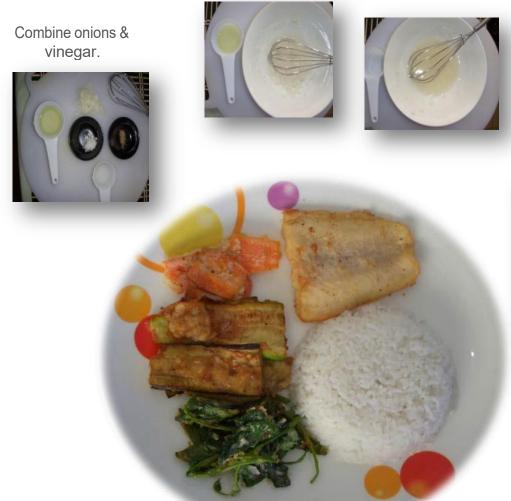




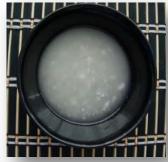


#### Prepare the vinaigrette sauce. See Page 184

#### Pour oil in a fine steady stream while whipping vigorously







Fish Stewed in Vinegar

(Paksiw)



#### Ingredients

1 Dory fish fillet or milkfish with scales or banak (mullet)

1 medium-sized ginger, cut into matchsticks

1 eggplant, cut diagonally

1 ampalaya or bitter gourd, cut diagonally

2 finger chilies

1 bay leaf or laurel leaf

5 cloves or black peppercorns

½ cup vinegar

1 ½ cup water

2 T fish sauce





Banak fish for paksiw

In a stainless pan, put all the ingredients.

Add the fish and allow to simmer for 2 minutes before stirring.

Cook with a cover or lid for 2 minutes.

Turn off the heat.





## Sautéed Mongo Beans in Smoked Milkfish Flakes

## Serves: 4 Ingredients

½ cup Smoked fish flakes
(available in the market)
1 cup boiled mongo beans
oil for sautéing
4 cloves garlic, chopped
1 medium onion, chopped
4 tomatoes, seeded and chopped
1 T fish sauce
½ cup oyster sauce
sprig of ampalaya (bitter gourd) leaves or horse radish leaves (malunggay leaves)
2 cups broth





Boil the mongo beans in a pan and set aside when tender.



2

Sauté the garlic, onion, and tomatoes. Add the smoked fish flakes and put the fish sauce and oyster sauce. Put the cooked mongo beans and sauté for a little while. Pour the broth and simmer for 2 to 3 minutes.



3

Add the ampalaya or malunggay leaves. Turn off the heat and serve in a soup bowl with the fish stewed in vinegar and boiled rice.







### Fish Cakes



Serves: 10 Ingredients

1 medium dory fish fillet
pinch of sweet paprika
1 bunch of parsley or cilantro, chopped
1 small onion, chopped
1cup turnips, finely chopped
1 egg beaten
1 cup white breadcrumbs
1 ½ T olive oil
1 T lemon juice
salt and pepper to taste
fresh flat-leaf parsley or cilantro and lemon wedges for garnish

1

Combine all ingredients. Form into cakes or balls



Heat a pan put enough oil, and fry the cakes.
Drain and serve.





### Crab Cakes



Serves: 10 Ingredients

1 cup crabmeat (available in the supermarket)
pinch of sweet paprika
1 bunch of parsley, chopped or cilantro
1 small onion, chopped
1 carrot, chopped finely
1cup turnips, finely chopped
1 egg beaten
1 cup white breadcrumbs
1 ½ T olive oil
1 T lemon
juice, salt,
and pepper
fresh flat-leaf parsley or cilantro and lemon wedges for garnish















Combine all ingredients. Form into cakes or balls.









### Fried Fish Wontons

(pinsec frito, a variation of the fried lumpia)



Serves: 2 to 4 Ingredients

1/2 medium dory fish fillet, chopped
4 cloves garlic, finely minced
1 small onion, peeled and chopped finely
1 small turnip, peeled and chopped
1 t paprika
1 small ginger, peeled and chopped
salt and pepper

1 egg, beaten (optional)
oil for frying
wonton wrappers
lemon and soy dipping sauce:
Combine the following and serve with the fried fish wontons:
1/8 cup soy sauce
juice of ½ lemon
3 bird's eye chilies, cut diagonally into small wedges



Combine all the ingredients. Place a teaspoon of the mixture in the center of a wonton wrapper. Wet the edges of the wonton wrapper and seal the filling inside, by gathering the edges of the wonton wrapper and pressing these edges with your thumb and pointing fingers.



2

Do the same in wrapping the other fish wontons.



3

Heat enough oil to fry for 1 minute or so batches of fish wontons.



Place cooked fish wontons on paper towels and serve hot with the soy and lemon dip.



How to make Soy & Lemon dip Ingredients

1 lemon
An equal amount of soy sauce to the lemon
juice 3 drops of olive oil
1 birds eye's chili (siling labuyo) cut diagonally with the seeds



## Sauces

Soy Marinade sauce

Vinaigrette

Sour Cream & Mayo Dip

Making a Roux



## Soy Marinade Sauce

Yield: approx. 1 cup



Ingredients

5 T Olive Oil/sesame oil

4 cloves garlic, minced

1 medium onion, chopped

1 tomato, chopped or

1 T tomato paste

1 thumb-size fresh ginger, minced

1 T sugar

½ t salt

 $\ensuremath{\frac{1}{2}}$  cup soy sauce and water

½ cup cooking wine

You can use this soy marinade sauce for doing marinating and sautéing of most meat with your favorite dishes like chopsuey, pancit and other dishes. This is a good substitute for oyster sauce too.... Enjoy!



Heat pan, put olive oil, and sauté garlic, onions, tomato paste, and ginger.





Add sugar and salt, put the cooking wine, and let it evaporate before adding soy sauce and water. Simmer for 2 minutes.



Strain or filter the sauce. Refrigerate. Use for sautéing and marinating meat and vegetables

# Vinaigrette for Fish Fillet and Tempura Vegetables

Yield: 3/8 cup or almost ½ cup Ingredients

1 small onion, minced 1/8 cup white wine or cider vinegar ¼ cup oil Salt and pepper for seasoning

Mix onions and vinegar.

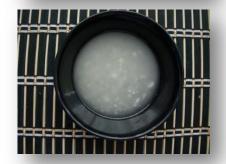
Season with salt and pepper.

Pour oil in a fine steady stream while whipping vigorously.









# Sour Cream & Mayo Dip



Calamari

Yield: approx. 1 cup

#### Ingredients

½ cup plain yogurt or sour cream
½ cup mayonnaise
1 shallot, chopped
Pinch of salt, pepper, and sugar sprig of parsley, chopped for topping



fried crispy potatoes



Simply combine all the ingredients.



Serve chilled with crispy calamari and fried crispy potatoes.



....Great, too, with fried chicken wings. You can spike it with red chili flakes if you want ....

## Making a Roux

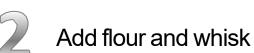


Butter 40 – 60% Flour 50 – 60% Whisk





Melt Butter in a saucepan







Cook to a desired roux type – white, blonde, or brown









Sidings









Tempura Vegetables Crispy Kangkong (Crispy Water Spinach)

Onion Marmalade Sidings

Kamote Fries (Sweet Potato Fries)



## Crispy Tempura Vegetables

## Serves: 4 Ingredients

1 medium sweet potato, peeled and sliced thinly 1 medium zucchini, unpeeled, sliced lengthwise

1 medium eggplant, unpeeled, sliced lengthwise

1 medium eggplant, unpeeled, silced lengthwise 1 medium carrot, peeled and sliced lengthwise

1 medium onion, peeled and cut into thin rings

1 to 2 stalks of water spinach (kangkong tender leaves)

The batter for frying the vegetables or commercial tempura batter available in supermarkets 1 egg, beaten

½ cup milk

2 calamansi, juice extracted

1 cup seasoned flour (mixed with salt and pepper)

Oil for frying



(zucchini with skin, broccoli florets, cauliflower, onions, and even carrots are good for making crispy tempura vegetables)



1

In a bowl, combine the egg, milk, and juice of calamansi. Combine the flour, salt, and pepper in another bowl.



Prepare the vegetables and cut them into uniform chunks. First, dip prepared sliced vegetables into milk and egg mix, then coat in seasoned flour and fry until golden brown. Remove the crispy vegetables with a slotted spoon and drain them on paper towels.

Cook the other pieces.



Transfer the crispy vegetables to a serving platter and serve with the vinaigrette. (Please see page 161 for the vinaigrette recipe).

Tip: One way to check whether the oil is hot enough is to drop a cube of bread in the pan with the heated oil; if it browns in 30 seconds, your oil is ready for frying.









## Crispy Kangkong

(Crispy Water Spinach)



Serves: 4 Ingredients

2 cups loosely packed water spinach(kangkong tender leaves), thoroughly washed
Batter for frying vegetables or commercial tempura batter available in supermarkets
1 egg, beaten
½ cup milk
1 cup seasoned flour (mixed with salt and pepper)

#### Oil for frying

Chicharon crumbles or pork rinds, or cracklings (optional)



1

In a bowl, combine the egg and milk. Next, combine the flour, salt, and pepper in another bowl.

2

Prepare the water spinach (kangkong) tender leaves and the pan with oil.

Dip the leaves one at a time in milk and egg mixture, coat them in seasoned flour, and fry the coated leaves without overcrowding the pan until golden brown.

Remove the crispy vegetables with a slotted spoon or tong and drain them on paper towels. Cook the other pieces.

3

Transfer the crispy vegetables to a serving platter, put crumbled chicharon on top, and serve.









## Onion Marmalade













Serves: 4 Ingredients

4 large onions, peeled and cut into thin rings

1 T butter

2 T brown or white sugar

3 T red wine vinegar

½ cup cooking wine or inexpensive red wine

1 t of salt and pepper

### Cooking the Marmalade

Heat the pan and put the butter until slightly brown.

Add onion rings, sugar, salt, and pepper—stew for about 30 minutes until onion rings are dark caramel brown. Keep on stirring.

Pour red wine vinegar and cooking wine; stir only when the liquid is simmering. Continue to cook until the liquid dries up. Serve with pork or beef steaks or roasts.



# Kamote Fries (Sweet Potato Fries)



Serves: 4 Ingredients

2-3 sweet potatoes, cut into ½" thick slices and then cut into quarters. Cold water for soaking the sweet potatoes
Oil for deep frying









Pat dry the sweet potato wedges.



2

Heat the oil and deep fry potatoes until crisp and golden. Cook in batches.



3

Drain on paper towels. Serve as sidings.



Chopsuey with Chicken, Chinese Sausage and Shrimp

Beef Chopsuey (Sautéed Beef Strips in Mixed Vegetables)

Sautéed Beef with Broccoli (Sautéed Beef and Broccoli)

Sautéed Beef with Ampalaya (Sautéed Beef & Bitter Gourd)

Pinakbet (Stewed Vegetables)

Dinengdeng

Glazed Vegetables



#### VEGETABLES: Spinach

No wonder Popeye, the sailor, loves spinach so much. It is loaded with antioxidants and iron, which reduce the risk of brain deterioration and memory diseases like Alzheimer's. It also has magnesium and Vitamin B12, which help create red blood cells that carry oxygen to the brain. Finally, add folic acid, which protects the neurons and keeps them in good shape. Kangkong or water spinach is a good substitute for Popeye's spinach.

#### Source:

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011.

## Vegetable Dishes



# Chop Suey with Chicken, Chinese Pork Sausage & Shrimp

## Serves: 4 to 6 Ingredients

½ k chicken parts, de-boned and cut into strips 4 large pieces of shrimp, peeled and butter-flied 1 longanissa Macau, cut into a wedge

4 pcs of squidballs, cut into half (available in supermarkets)

1 head broccoli, cut into florets

1 head cauliflower, cut into florets

2 T vegetable oil

4 cloves garlic, chopped

1 medium onion, chopped

½ cup green beans, cut into wedges

1 medium cabbage, core removed and sliced into wedges

2 medium carrots, peeled and cut into round shapes or

circles

2 celery stalks, trimmed to 2" wedges 1 cup chicken broth 1 T oyster sauce

1 t salt



Marinade for chicken

1 T cooking wine

½ t white ground pepper

½ t salt

1 T light soy sauce

½ t sesame oil





1

Mix all the marinade ingredients in a bowl. Marinate the chicken for at least 20 minutes.

Meanwhile, boil water in a large pan and blanch broccoli, and cauliflower for 30 seconds. Drain and set aside.







2

In a heated pan with oil, sauté the garlic, onion, and shrimp. Add the longanisang macau and squidballs. Mix the shredded chicken and continue to stir-fry for 2 minutes more.









Add the green beans and cabbage, continue to stir for another minute, and pour half of the stock.

Mix in the carrots and celery.

Add the remaining broth and simmer for a little while.

Bring in the broccoli and cauliflower florets. Stir in the oyster sauce and bring back the stir-fried chicken, longanissang macau, and squidballs.



Add the roux or cornstarch to thicken the sauce.









Serve hot with boiled rice. Garnish with cooked quail eggs.



### **BEEF CHOPSUEY**

Beef ChopSuey, this dish will be almost the same procedure we all did with the Chop Suey with Chicken, Chinese Pork Sausage & Shrimp; it has a different flavor profile, though, because of the protein part we used!

## Serves: 4 Ingredients

- 1 lb or ½ k sirloin/ rib eye steak cut thinly
- 1 head broccoli, cut into florets
- 2 T vegetable oil
- 4 cloves garlic, chopped
- 1 onion, chopped
- 2 celery stalks, trimmed to 2" wedges
- 1 cup snow peas, ribs removed and sliced lengthwise or substitute carrots
- 3 pcs turnips,
- 1 can of button mushroom, sliced
- 1 T oyster sauce
- 1 t salt
- $\frac{3}{4}$  cup bamboo shoots shredded (optional)
- Marinade for beef
- 1 T cooking wine
- ½ t white ground pepper
- ½ t salt
- 1 T light soy sauce
- ½ t sesame oil

- 1. Mix all the marinade ingredients in a bowl. Marinate the beef for at least 20 minutes.
- 2. Blanch the broccoli in a large pan of boiling water for 30 seconds. Drain and set aside.
- **3.** Heat a pan, add 1T of oil, and stir-fry the beef until the color changes. When cooked, set aside.
- 4. Using another pan, heat oil and sauté the garlic and onion. Add the celery stalks, snow peas, turnips, and mushrooms. Bring in the sauteed beef and pour the oyster sauce.
- **5.** Add the roux or cornstarch to thicken the sauce
- **6.** Serve hot with boiled rice. Garnish with cooked quail eggs.





#### Sautéed Beef Broccoli

Serves: 2 to 4 Ingredients

¼ k sirloin steak cut into thin strips
1 large head broccoli, florets separated
oil for sautéing
½ cup oyster sauce
4 cloves garlic, minced
1 medium onion, sliced thinly
1/2 cup beef broth
1 T cornstarch mixed in water of the same amount
2 T Soy marinade (Please See Next Page for the recipe ....)





#### Soy Marinade Sauce

Yield: approx. 1 cup Ingredients



- 5 T Olive Oil/sesame oil
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 1 tomato, chopped or
- 1 T tomato paste
- 1 thumb-size fresh ginger, minced
- 1 T sugar
- ½ t salt
- 1/2 cup soy sauce and water
- ½ cup cooking wine



Heat pan, put olive oil, and sauté garlic, onions, tomato paste, and ginger.





2 Add sugar and salt, put the cooking wine, and let it evaporate before adding soy sauce and water. Simmer for 2 minutes.



3 Strain or filter the sauce. Refrigerate. Use for sauteing and marinating meat and vegetables



Put the sirloin strips in a bowl and marinate with 2 T soy marinade for at least 15 to 20 minutes.



Heat oil and stir-fry the garlic and onion.



Add the oyster sauce and keep stirring. Add the marinated thin beef strips and continue to sauté for two minutes.









Add the blanched broccoli and stir-fry for another 2 minutes.

Add the broth and allow to simmer for 1 minute.



Pour the cornstarch mixed with water to thicken the sauce. Serve.







## Sautéed Beef w/ Ampalaya

#### (Sauteed Beef with Bitter Gourd)

Serves: 2 to 4

#### Ingredients

1/4 k sirloin steak, cut into thin strips
1 pc Chinese pork sausage, cut into thin slices
2 medium ampalaya or bitter gourd, cut into
thin slices

½ cup oyster sauce

4 cloves garlic, minced

1 medium onion, sliced thinly.

Oil for sautéing

1/2 cup beef broth

2 T black beans (optional)

1 T cornstarch mixed in water of the same amount

2 T Soy marinade (see page 179 for the recipe)







Put the sirloin strips in a bowl and marinate with 2 T soy marinade for at least 15 to 20 minutes.





2

Boil the cut Chinese sausage in a small amount of water until it dries up. Continue to sear the Chinese sausage on low fire until the fats separate. Drain the excess oil and set aside the sausage.









3

Heat oil and stir-fry the garlic and onion with the Chinese pork sausage. Add the marinated thin beef strips and continue to sauté for two minutes.



Add the oyster sauce and a little broth to cook the meat thoroughly. Add the ampalaya/bitter gourd and stir-fry for another 2 minutes. Add all the remaining broth and simmer for 1 minute.



5

Pour the cornstarch mixed with water to thicken the sauce. Serve hot.





#### Pakbet/Pinakbet

(Stewed Vegetables)

#### Serves: 4 to 6 Ingredients

 $\frac{1}{2}$  k pork cut into medium cubes with skin on  $\frac{1}{4}$  cup oil

4 cloves of garlic, minced

1 medium onion, chopped

4 tomatoes, sliced into wedges

1 liter of water with 1 tsp salt for blanching

2 pcs bitter gourds or ampalaya, cut into wedges

4 pcs winged beans (sigarilyas), cut into 1" long wedge-shaped

3 medium okra (Lady Finger), cut into two

4 yard-long beans (sitaw)

2 medium eggplants, cut diagonally into 1" pieces

 $1\!\!/_{\!\!2}$  of medium squash, cut into medium wedges

3 T fish paste/ anchovy

1 cup broth



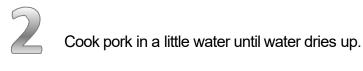




Boil water with salt. When boiling, blanch squash for about 5 minutes and set aside. Blanch the other vegetables for about a minute and cool in an ice bath.









Put cooking oil and start sautéing the garlic until brown. Add onions and continue sautéing. Put the tomatoes and anchovy and simmer for 3 minutes. Put all the other blanched vegetables and mix thoroughly. Continue to cook for another minute. Add 1 cup broth and allow to simmer for 2 minutes. Serve hot.



Next Page, we feature dinengdeng laswa or bulanglang, Michele's Favorite Dish. This dish is almost similar to pakbet or pinakbet save for anchovy sauce paste, malunggay pods (horse radish fruit or pods), grilled bangus (milkfish), squash tops, etc.









Sautee chopped garlic, onions, and ginger



From the Introduction of this cookbook --

....Michele, on the one hand, on seeing malunggay pods (horse radish fruit or pods), is reminded of her mom's anchovy sauce-laden dinengdeng, cooked with lots of vegetables with mouth-watering grilled Bonoan (place in Pangasinan famous for its delicious milkfish or bangus) milkfish....



Anchovy sauce



Malunggay pods or fruits mix in the sautéed anchovy sauce



Mix in all the other veggies



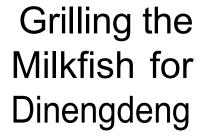
















#### Stand alone Grilled Milkfish

You can also serve grilled milkfish as a stand-alone pulutan (appetizer) with sawsawan or dipping sauce of siling labuyo (bird's eye chili) with vinegar and soy sauce. A good substitute for vinegar is kalamansi or lime.







## Glazed Vegetables

#### Serves: 4 Ingredients

1 cup carrots, peeled and cut into even chunks
1 cup zucchini, peeled and cut into even chunks
7 pcs whole shallots (or any small onions), peeled and quartered
2 to 3 small turnips, peeled and quartered
½ block butter
2 T sugar
1 cup chicken stock or water





Melt butter in a saucepan and sauté the vegetables until well-coated. Mix in the stock and cover, and cook until vegetables are tender. Set aside.



2

Add sugar to the stock and reduce until it thickens.



3

Put back the vegetables and glaze them with the liquid. Season to taste. Good for grilled or anything fried.





#### Soup

Fish Fillet or Sinigang na Pampano with Cilantro (Fish in Cilantro and Tamarind Broth)

Sinigang na Baka at Buto ng Baboy(Beef and Pork Bones in Tamarind Soup)

Nilagang Baka (Boiled Beef Shank)

Tinola Chicken Soup (with green papaya and chili leaves)

Chicken Binakol (Chicken Soup in Coconut Water)



## Fish Fillet or Pampano Sinigang

(Fish in Cilantro and Tamarind Broth)

#### Serves: 2 Ingredients

1 Dory fish fillet, cut into half or pompano fish, cleaned and gutted (or any white fish)
2 medium tomatoes, quartered
1 medium onion, quartered
1 medium radish, peeled and sliced into wedges
10 pcs tamarind fruit, sour juice extracted
½ cup fish sauce
2 cups water or fish broth
1 finger chili (siling pangsinigang)
½ cup cilantro leaves washed





1

Boil the tamarind fruit in 1 cup of water, set aside the liquid, and extract the sour juice from the tamarind. Set aside.



2

In a deep pan, boil 2 cups of water, add the tomatoes and onion, and simmer. Add the radish and simmer for 2 minutes. Add the sour juice extract, fish sauce, and finger chili. Add the fillet—taste to balance the broth's saltiness and sourness and adjust as needed.



3

Place the steaming fish and vegetables in a bowl and top with fresh cilantro leaves to serve. Pour the steaming broth on top. Serve hot.





192

## Sinigang na Baka at Buto ng Baboy (Beef and Pork Bones in Tamarind Soup)



#### Serves: 6 Ingredients

 $\frac{1}{4}$  beef short ribs or brisket cut into 1  $\frac{1}{2}$  cubes

1/4 ribs or pork bone-in cut into cubes

10 pcs tamarind fruit

5 pcs tomatoes, seeded and quartered

2 pcs medium-sized onions, quartered

3 T fish sauce (patis)

3 pcs small taro(gabi), peeled and halved

10 yard-long beans (sitao), cut into 2"

3 pcs winged beans or sigarilyas, cut diagonally in half water spinach (kangkong) leaves and tender stems only

3 pcs green finger chilies (siling pangsinigang)





1

Boil the pork bones and beef cubes in a deep pot with enough water to cover the meat. Once boiling, let simmer. Scoop out the scum and fats. Add water as necessary.

Add the tamarind fruit, and when tender, remove it. Strain and extract the juice of the tamarind fruit in a bowl. Add back the tamarind juice to the broth.

2

Put the tomatoes and onions and simmer until the beef is tender. Season the broth with fish sauce and adjust as needed.



3

Add the taro (gabi) and simmer until tender. Add the yard-long beans (sitao) and the winged beans (sigarilyas), simmer for a while, and do not overcook. Add the water spinach and the finger chilies last. Serve steaming hot.



## Nilagang Baka (Boiled Beef Shank)

#### Serves: 2 to 4 Ingredients

½ k beef shank,
Water for boiling the beef
1 large onion, peeled, cut into two
10 pcs black peppercorns
1 stalk of leek, cut into 2"
1 small cabbage, quartered
10 pcs bokchoy (pechay), trimmed
¼ cup fish sauce or 1 T salt
5 small potatoes, peeled, cut into two
1 pc corn cob cut into two, (optional)



1

Boil the beef in a pot with enough water to cover the beef. Let boil and simmer for an hour or two until meat is tender, adding water as needed. Take out scum and fats.





2

Put the black peppercorns, corn cobs, and onion and simmer for half an hour. Next, put the potatoes and simmer until the potatoes are fork tender.

3

Add fish sauce or salt to season the broth. Add last the bokchoy and leeks and turn off the heat. Serve hot.





#### Tinola Chicken Soup

#### Serves: 6 Ingredients

½ k chicken breast and wings
3 cloves garlic, minced
1 onion, finely chopped
1 thumb-size ginger, cut crosswise into
julienne slices
1 small green papaya, peeled, seeded,
and cut into wedges
Oil for sautéing
2 T fish sauce
10 cups water or chicken broth
2 t salt
chili leaves(dahon ng sili)
You may use, too, malunggay leaves
(horseradish tree leaves) or basil leaves.





Heat oil in a pan and sauté ginger, garlic, and onion. Put the chicken and sauté for a little while. Then, add the fish sauce and allow the chicken to absorb the fish sauce.





Pour the chicken broth and let boil. Lower heat and simmer until the chicken is tender. Add the papaya and cook with the chicken for 5 minutes or until tender. Season with fish sauce as needed, and add the chili leaves last. Turn off the heat and serve steaming hot.





#### Chicken Binakol

(Chicken Soup in Coconut Water)



Serves: 4 Ingredients

½ k chicken breast

1 thumb-sized ginger, chopped
6 cloves garlic, minced
1 onion, minced
Oil for sautéing

2 Stalks or bulbs of lemon grass (tanglad), cut off the leaves and press the bulbs or lower white part of the lemon grass w/ the back of your knife 1 young coconut, set aside coconut water, and scooped soft meat \(^1\fmu\) cup fish sauce (patis)

Few pieces of crushed whole black peppercorns 1 pc. clove

2 cups chicken broth, or you can use supermarket–ready chicken bouillion Leeks or spring onion cut to an inch in length or chili (sili) leaves or even basil leaves for garnishing Sauté the garlic, onion, ginger, and lemon grass bulbs. Add the chicken breast parts, peppercorns, and clove, and keep stirring. Pour the fish sauce and allow the chicken breast parts to absorb the liquid.



Mix in the chicken broth and coconut water. Allow to boil and simmer. Cook the chicken until tender. Add the coconut meat. (You can also run the broth through a strainer if you want a clear broth to serve to guests before adding the coconut meat.)





To serve, put the chicken soup in individual serving bowls or a soup tureen. Add or garnish with spring onions or leeks cut to an inch in length and serve immediately. Or you may want to add chili leaves or even torn basil leaves depending on your taste.

Mixed Pancit Canton & Bihon (Chow Mein)

Preparing the Chicken Stock

Sotanghon (Vermicelli Soup with Noodles & Pasta

Meat and Vegetables)

Almondigas (Meatballs Soup with Vermicelli)

Chicken Spaghetti

Spaghetti Putanesca

Adobong Shiitake Mushroom with Pasta



#### Mixed Pancit Canton & Bihon

# Chinese thick (Canton) and thin (Bihon) rice noodles stir-fried in Chicken, Shrimp, Chinese Sausage, and Assorted Vegetables

Serves: 4 to 6 Ingredients

1 cup chicken breast parts, bone-in and with skin

1 cup shrimp, peeled and butterflied

6 pcs whole black peppercorns

½ t salt

Enough water for boiling the chicken and shrimp heads

6 cloves garlic, chopped (set aside half of the fried garlic for garnishing)

1 small onion, chopped

1 longanisa Macau (Chinese sausage), cut thinly into diagonal wedges

1 medium red bell pepper, cut into small wedges

1 medium green bell pepper, cut into small wedges

1/4 t ground black pepper

½ cup Soy Marinade (see next page for recipe)or soy sauce or 2 T oyster sauce

3 T cup fish sauce (patis)

1 cup green beans, ribs removed and cut diagonally into small strips

1 cup cabbage, cut into long narrow strips

1 chayote (sayote), cut into small wedges

1 cup cauliflower

Approx. 100 g each of thin and thick (canton) rice noodles

1 cup sweet peas (chicharo), diagonally cut into two

1 cup carrots, cut into julienne strips

4 cups combined chicken and shrimp-

heads broth (or use the chicken stock recipe on page 205)

Chopped spring onions and fried garlic for garnishing



Mixed Pancit Canton & Bihon Ingredients

## Soy Marinade Sauce

Yield: approx. 1 cup



Heat pan, put olive oil, and sauté garlic, onions, tomato paste, and ginger.

#### Ingredients

- 5 T Olive Oil/sesame oil
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 1 tomato, chopped or
- 1 T tomato paste
- 1 thumb-size fresh ginger, minced
- 1 T sugar
- ½ t salt
- ½ cup soy sauce and water
- ½ cup cooking wine







Add sugar and salt, put the cooking wine, and let it evaporate before adding soy sauce and water. Simmer for 2 minutes.



Strain or filter the sauce. Refrigerate. Use for sautéing and marinating meat and vegetables

## Preparing the Chicken Stock

Yield: 5 to 6 cups



#### Ingredients

1 k chicken wings or thighs \*
1 large onion, peeled and studded with the cloves
3 cloves
1 bay leaf
1 sprig of thyme (optional)
7 black peppercorns

\* You can also use 1 whole chicken instead



1

Cut through the bone of the chicken parts and put in a large saucepan. Add the onion studded with cloves. Using a cheesecloth, tie the bay leaf, thyme, and peppercorns with a string and add to the saucepan.



2

Pour about 8 cups of cold water into the saucepan and slowly bring to a simmer



3

Using a spoon, skim off and discard the scum that floats on the surface. Continue to simmer without cover for an hour and a half.



4

Strain the stock in a large bowl. Remove the sachet d'epices and the onion with cloves. Spoon out some fat globules on the surface. Allow to cool, then set aside.

Note: You can freeze the stock for up to six months. You can also substitute beef and pork bones with chicken.

#### Cooking the Mixed Pancit Canton & Bihon

- - Boil the chicken parts (you may also add the shrimp heads and trimmings). Then, discard shrimp heads and trimmings by filtering the broth and setting aside the broth and chicken.
- Remove and discard the bones and skin of the chicken and cut it into long strips. Set aside.





In a stir-fry pan, saute garlic, onion, longanisang Macau, butterflied shrimp, chicken strips, and green and red bell pepper. Pour ½ cup of the broth. Boil and simmer for a minute, then season the broth with pepper, fish sauce (patis), and soy sauce until the liquid dries up.

Add green beans and stir fry for a minute. Put the cabbage, chayote (sayote), and cauliflower and continue cooking for 1 minute. Mix the rest of the broth and allow to simmer. Add the sweet peas and carrots last.











Set aside the majority of the sautéed meat and vegetables for toppings. Add the pancit canton (thick) and then the bihon (thin) rice noodles and continuously stir until the sauce is absorbed and the noodles are cooked. Don't overcook.



Top the stir-fried noodles with the set-aside meat and vegetables. Garnish with spring onions and fried garlic.





#### Serve with kalamansi and soy sauce on the side



#### Sotanghon

#### (Vermicelli Soup w/ Meat & Vegetables)

Serves: 2 to 4



#### Ingredients

1 cup of cooked chicken or pork, cut into long strips
10 pcs crab meat sticks
5 cloves of garlic, chopped
1 medium onion, chopped
1 thumb-sized ginger, chopped
1 t of annatto powder
½ cup oyster sauce

ground white pepper/ salt for seasoning 4 cups of chicken or beef broth 1 bunch of bokchoy (pechay), cut into chiffonade or long thin strips 90.8 g vermicilli (Bean Thread) available in small sachet packs in the supermarket Spring onions 1

Sauté garlic until brown. Set aside some for garnishing.

2

Add onion and ginger. Put annatto powder to color the oil. Mix in the crabmeat sticks and cooked chicken or pork strips, and sauté with oyster sauce for 2 minutes—season with salt and pepper.









3

Put ½ cup of broth and simmer. Add the bokchoy (pechay) and simmer for a minute. Set aside the veggies and meat.





Pour the remaining broth. Let boil and simmer; add the vermicelli and remove as soon as it has absorbed most of the broth.



5

To serve, put a single portion serving of the vermicelli in a bowl, then top with the veggies and meat mixture. Pour thehot broth and garnish with thinly sliced fried garlic (remember, EMINCE) and spring onions.









## **Almondigas**

#### (Meatballs Soup with Vermicelli)

Serves: 4

#### Ingredients

1/4 k lean ground pork

1/4 k lean ground beef

1/4 cup carrots, finely diced (optional)

3 cloves garlic, minced

 $\frac{1}{4}$  cup spring onions, chopped

1 egg

 $\frac{1}{2}$  cup white bread crumbs

½ cup milk

Salt and pepper for the meatballs

cooking oil for sauteing

1 tbsp crushed garlic

1 medium onion, chopped

4-5 cups brown stock

90.8 g vermicilli (Bean Thread)

available in small sachet packs in

the supermarket

fish sauce (patis) to season the soup with spring onion, chopped for garnishing





1

Combine ground pork and beef, carrots, garlic, spring onion, egg, and bread crumbs. Fold in milk in a bowl. Add salt and pepper to taste.



2

Form around 2 tbsp of the prepared mixture into balls. Set aside.

3

Heat oil, then sauté garlic and onion until brown.



4

Pour in the brown stock and let boil. Let simmer and add in the prepared meatballs. Cook for another 10 minutes. Add vermicelli and simmer for another 2 minutes—season with fish sauce (patis). Serve hot and drizzle with spring onion on top of the soup.





# Chicken Spaghetti

Serves: 2 to 4



# Ingredients

1 cup cooked chicken (breast parts), skin removed and cut into strips

1/4 cup olive oil (or vegetable oil will do)

3 cloves garlic, chopped

1 onion, chopped

½ cup oyster sauce

10 pcs capers (optional)

1 medium red and green bell peppers, seeded and cut into small dice

1 can button mushroom or shiitake, drained and cut into umbrella shape or cut parallel to its stipe (stem)

1 T dried oregano

1 cup broth from cooking the pasta (broth)

1 small sachet of tomato paste

1 small sachet of spaghetti sauce, both available in your local stores

1 inexpensive banana catsup (optional)

2 T brown sugar

2 pcs hotdog sausage (red), if desired cut diagonally,

2 pcs cooked ham cut into small dices (if desired)

1/4 cup grated parmesan cheese (if available, if not, cheddar cheese will do) half for thickening the sauce and the remaining for garnishing.

1/4 k spaghetti pasta, cooked al dente according to the label's instruction

4 pcs Basil leaves for garnishing

Parsley (optional), roughly chopped for garnishing





Heat oil and sauté garlic, onion, and bell peppers. Mix in the oyster sauce. Add the chicken, diced ham, and hot dog sausages (if using), and allow the oyster sauce to coat the meat.





Mix in the mushroom, capers, and oregano and continue to sauté.





Add the broth and allow it to simmer for a little while. Then, lower the heat and add the tomato paste, spaghetti sauce, and ketchup.

Continuously stirring gently to prevent sticking of the sauce at the bottom.





When small bubbles appear on the surface, add the sugar and grated cheese, and simmer for 5 minutes before turning off the stove.











Arrange a single-serve portion of the cooked pasta on a plate. Place a ladleful of sauce, and garnish with chopped parsley and grated cheese. Put a single basil leaf on the side. Do the same depending on the number of people you will be serving. Serve, enjoy!





Or serve this by mixing the sauce with the spaghetti pasta in a skillet and topping with cheese and garnishing. >

You may also serve using rigatoni pasta instead of spaghetti pasta.



# Spaghetti Putanesca





Serves: 2 to 4 Ingredients

½ can anchovies fillets

1 cup (5 to 6) fresh tomatoes, skin removed, seeded and diced small

3 cloves garlic, chopped

1 onion, chopped

1 T dried oregano

1 t of both salt and pepper

6 pcs black (or green) olives, pitted and sliced thinly

10 pcs capers, roughly chopped

1 T Basil leaves, chopped

½ cup olive oil

1/8 cup parsley(optional), chopped for garnishing

1/8 cup parsley(optional), chopped for garnishing
1 cup water from cooking the pasta (broth)
1/4 k spaghetti pasta, cooked al dente according to label's instructions
Butter



Heat olive oil and sauté garlic and onion. Add the anchovies fillets and continue to Sautee until the garlic is slightly brown. Next, add the salt, pepper, and oregano, then the olives and capers.













salt, pepper and oregano

olives, and capers



Mix in the basil and the tomatoes. Continue to stir for 5 minutes.









broth from cooking pasta



Mix in the broth and cook until tomatoes are integrated into the sauce. Allow the sauce to thicken. Set asidethe sauce.



In the same pan, add a little butter and mix the single-serve portion of the cooked pasta. Shake the pan to allow the butter to coat the pasta.

Bring a ladleful of the

Bring a ladleful of the putanesca sauce into the pan & mix it well with the pasta. Place on a clean serving plate and sprinkle with chopped parsley. Add, if desired, a teaspoon of the oil from the remaining anchovies fillets. Serve.











Variation: omit the black or green pitted olives and substitute with the following: ½ cup dried shiitake mushroom, soak in water and cut into long thin strips 1 cup eggplant and zucchini, diced small





# Adobong Shiitake Mushroom w/ Pasta



Serves: 2 to 4 Ingredients

5 to 6 caps of dried shiitake mushroom (remove the inedible stipes or stem parts), soak in water, drain, and slice thinly

3 cloves garlic, peeled and finely chopped

2 bay leaves (laurel)

1 t ground black pepper

2 T black vinegar or any vinegar

1/8 cup oyster sauce

1 cup water or a ladleful of boiled water from cooking the pasta

1/4 cup olive oil

3 pcs olives, sliced thinly

1 T fish sauce (patis) (optional) Margarine or butter 1/4 k spaghetti pasta cooked al dente according to label's instruction Margarine or butter





Heat some olive oil and stir-fry the garlic, bay leaves, shiitake mushroom, and pepper.





2

Add the black vinegar, oyster sauce, olives, and fish sauce (optional), and stir only when the liquid is simmering. Stir-fry until the liquid has evaporated.







3

Add a cup of the water from the pasta cooking and simmer for 2 to 3 minutes. Remove the stir-fried mixture and the mushroom and set aside.







Sprinkle flour on the simmering liquid and stir to thicken. When thickened, pour on set-aside stir-fried mushroom mixture.









5

When ready to serve, use the same pan, melt the butter, and add a single-portioned serving of cooked pasta. Next, mix a ladleful of the stir-fried shiitake, including some sauce.

Mix well and serve hot. Top with grated cheese (any cheese will do, but parmesan will be best!)





# Other Places to see in beautiful Baguio City







STRAWBERRY FIELDS near Benguet State University























Panagbenga Flower Festival 2011

## **FOOD for THOUGHT**

An apple, potato, and onion all taste the same if you eat them with your nose plugged.

Collected 521 (10,513 total)

ollected 667 (10,513 total)

Ketchup originated in China as a pickled fish sauce called ketsiap

Both Picture Quotes from Danny's I-Phone application - CoolFacts

# **Parting Words**

...Food is magic. It can put a smile on a sad face, nurture a deeper relationship, awaken the senses and the talent lurking inside, comfort you and others, and even transport you back with poignant memories of your childhood days...

#### Cooking as a Totality of Experiences

Cooking food is a totality of experiences - by doing your home cooking, all the pictures in this cookbook will become alive. The magic happens because cooking is an act of creation, of seeing these hearty Filipino dishes come alive, with the delicate texture of the meat and the orchestra of flavors filling your mouth. Food is magic. It can put a smile on a nurture a deeper sad face, relationship, awaken the senses and the talent lurking inside, comfort you and others, and even transport you back with poignant memories of your childhood. Food can evoke a whole gamut of emotions. It can put you in touch with your roots as Fil-Americans with the wonderful comfort of Filipino dishes cooked by your doting parents.

### Passing the Filipino Home- Cooking Legacy Forward

Food will always nourish the body and feed the soul by putting you in touch with others through the sharing of hearty meal moments. Hence, while still children, parents need to imbibe in their sons and daughters these values and the magical experience called Filipino home cooking as soon as they are old enough to handle things safely in the kitchen. They can then pass on this knowledge to their sons and daughters as gifts when they grow up. In the same way, we are gifting you this cookbook as we were gifted by our fellow author here, Mommy Pacita, and those that came before her - our lolas.

# Chef for the day, anyone?



If there are many aspiring home chefs or cook wannabes in the family. There is only one copy of this cookbook, so why not buy another one or play a game to assign the chef for the day or week by singing the wellknown Filipino ditty, pen pen de sarapen (see lyrics below) while simultaneously passing the cookbook around until you get to the last word "salapi" and voila, whoever that person holding the cookbook will have the opportunity to cook for the family for the day or the week. So don't worry; you have this cookbook to guide you through the days. ©

Pen pen de sarapen, de kutsilyo (knife) de almasen (warehouse) Haw, haw de carabao batutin (stinky)

Sipit namimilipit ginto't pilak (gold and silver)
Namumulaklak sa tabi ng dagat.
Sayang pula (red skirt) tatlong pera (3 money bills)
Sayang puti (white skirt) tatlong salapi (3 money coins)
pen pen....

# Filipino Cuisine with International Flair

Filipino cuisine is more of addition than subtraction. lt is also substitution, doing it with what is available. Even cooking techniques can be modified or fused. Like the one we did last time -- cooking kaldereta (Beef Stew in Tomato, see page 66) using a technique learned from Enderun for cooking Lamb Navarin. Borrowing and utilizing another technique made the kaldereta dish even more delicious. Talk about a Filipino dish having an international flair.

The whole point is to marry the various influences around us, add cooking panache from some exquisite French, Spanish, and Italian cooking techniques we learn here and there, and yet still dine in a sumptuous feast of almost authentic Filipino cuisine with the added élan.

#### Yes, The Filipino Cuisine Can!

Indeed, it can be done! In Nora Daza's (with equally famous food writer and author Michaela Fenix) book, titled, A Culinary Life and Chef Romy Dorotan and Amy Besa's restaurant in Brooklyn called Purple Yam\* will attest to the fact that restaurants here and abroad all made brisk sales with Filipino dishes dubbed or touched with fine culinary artistry or flair – the adobo, halo-halo, callos, lechon, etc. Yes, the Filipino cuisine can!

<sup>\*-</sup> read in the Sunday Inquirer Magazine (Vol. 24 No. 37) dated November 14, 2010, in an article by Margaux Salcedo entitled, A Golden Endorsement for Purple Yam on page 2. We would appreciate the golden opportunity and meet these two great chefs, whose adobo at their restaurant in NY got a great review from Sam Sifton of the New York Times.

#### As You Journey Towards your own **Home-Cooking Experience**

We hope you have enjoyed reading and actively doing or learning all these Filipino dishes as much as we enjoyed making them. We encourage you to keep doing home cooking, even write your cookbooks to pass on to your kids, just like how we got inspired to embark and continue with our culinary writing journey.

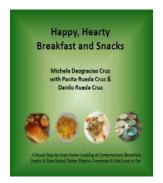
Enjoy our other duo debut cookbook, Contemporary Breakfast, Snacks & & Kids Love to Eat, shown below.

Happy, Hearty Breakfast & Snacks -- A Visual Step-by-Step Home-Cooking of Easy Baked Dishes Filipino Grownups

Good luck with your culinary journey!

Do tell us what you think and share us home-cooking success stories at

> usfilqueux@gmail.com, mommyqueux@gmail.com, usqueux@gmail.com



ALWAYS REMEMBER TO BE LED BY YOUR DREAMS AND NEVER BY YOUR PROBLEMS.

LIFE is definitely GOOD!

Nota bene: In case you are very curious regarding the queux in our email addresses, the word "queux" (17th Century French word pronounced as in queue) is related to the present-day English expression "cook" and is now very similar to the present day word, "chef." (from Dornenburg and Page)

# End notes

#### Introduction

- 1. From Dornenburg, A. & Page, K. (2003) Becoming a Chef. NJ: USA. John Wiley & Sons, Inc., on page 260, on some similarities of the Philippine escabeche to the Spanish escabeche recipe rendered by Chef Mark Miller.
- 2. Mark Bittman's articles in New York Times offer keen insights that people no longer cook at home when it is so easy.....

Bittman, Mark(2011). Sustainable Food; Chop, Fry, Boil: Eating for One, or 6 Billion. The New York Times. January 2, 2011. Page 1 – 7.

Bittman, Mark(2011). Creamy, Brothy, Earth, Hearty. The New York Times. March 5, 2011.

Bittman, Mark(2008). So Your Kitchen Is Tiny. So What? The New York Times. December 14, 2008. Page 1 – 3.

Bittman, Mark(2010). Deflating All Doubts About the Souffle. The New York Times. December 31, 2010.

Retrieved March 5, 2011, from

http://www.nytimes.com/2011/01/05/dining/05mini.html?ref=markbittman&pagewanted=pr...

- 3. Chef Rene Verdon of Le Trianon in San Francisco said, "Looking is very important. Food is 40% eyes and 60% taste...." In the book titled -- Great Chefs of San Francisco. (1990). Great Chefs Publishing P.O. Box 56757, New Orleans, USA. Page 11
- 4. Contemporary culinary cookbooks of great chefs and cooks were consulted for conducting actual kitchen tests and recreation of various popular menus and recipes.
- From Dornenburg, A. & Page, K. (2003) Becoming a Chef. NJ: USA. John Wiley & Sons, Inc.

In Chef Madelaine Kamman's beautiful foreword to this book, she commented on food "licked clean".... Dornenburg and Page (2003) in their book described Chef Kamman as a "woman, wife, mother, grandmother, culinary educator, chef, former restauranteur, author, TV personality, and winner of The James Beard Foundation's 1998 Lifetime Achievement Award."

6. From Dornenburg, A. & Page, K. (2003) Becoming a Chef. NJ: USA. John Wiley & Sons.

Listed the flavor profile of the various cuisines worldwide on Page 26 according to -- 1980's Readers' Guide to Periodical Literature ...cuisine of the world find their way to the US. Thus the basis of the characteristic ingredients of Philippine Dishes – Garlicky, use of soy sauce(sweet and salty), and vinegary (sour), we added the Fish Sauce profile, which is essentially salty ....

# Glimpses of the Philippines' Baguio

- It was adapted from Songs of Baguio City, Cordillera Hymn by Julia T Saganib, and Lyrics by Juanita B. Madarang, a song titled "Majestically" provided by the Baguio City Public Library.
- 8. Various Songs about Baguio courtesy of the Baguio City Public Library

Business Review Philippines Vol 6. No. 3 September 1999. Igorota Magazine, Vol XIX # 4 ISSN 165522453

About Baquio on its 74<sup>th</sup> anniversary as a city: Various Travel and Tourism pamphlets

Bagiuo 74 Years Folio 1

On Baguio Marching Songs: Dr. Anatalia M. Saboy, Ed. D. (1997) (DECS Cordillera Admin Region).

Indigenous Ethnic Songs of the Cordilleras -- Baguio March. Page 74 – 76.

## Vegetables of Baguio

- 9. From the immortal song, Bahay Kubo, Iyrics by Maurizio Ferrandini at http://www.lyricsmania.com/
- 10. The Nutritional Benefits of the Various Vegetables featured in this cookbook are culled from the following sources:

FILIPINO FOOD PYRAMID based on the Philippine Dietary Guidelines issued by the Food and Nutrition Research Institute, Department of Science and Technology

Bakalar, N. (2011). Aging: Mediterranean Diet as Brain Food. NY Times, January 17, 2011.

On health benefits of bananas. Retrieved June 2, 2011, from <a href="http://www.suite101.com/content/banana-nutrition--health-benefits-of-bananas-a222839">http://www.suite101.com/content/banana-nutrition--health-benefits-of-bananas-a222839</a>

Oelke, Jane. (2005). On Benefits of a variety of Fruits and Vegetables. Retrieved March 4, 201,1 from <a href="http://www.buildingbodies.ca/Nutrition/fruits-vegetables.shtml">http://www.buildingbodies.ca/Nutrition/fruits-vegetables.shtml</a>

Go, Grow, and Glow Foods (Mga Pagkain Pampalakas, Pampalusog at Pampasigla) by Prime Multi Quality Printing Corporation, Children's Illustrative Chart of Food, really good educational material for kids and cost only 10 pesos and being peddled along Session Road, Baguio City.

About Mushroom: Retrieved June 2, 2011, from

http://www.associatedcontent.com/article/339584/the health benefits of mushrooms.html

About Bananas: Retrieved June 2, 2011, from http://www.suite101.com/content/banana-nutrition-health-benefits-of-bananas-a222839

About Tamarind Fruit: Retrieved June 2, 2011, from <a href="http://en.wikipedia.org/wiki/Tamarind">http://en.wikipedia.org/wiki/Tamarind</a> & <a href="http://www.crfg.org/pubs/fff/tamarind.html">http://en.wikipedia.org/wiki/Tamarind</a> & <a href="http://www.crfg.org/pubs/fff/tamarind.html">http://www.crfg.org/pubs/fff/tamarind.html</a>

Perez, Rachel. (2011). Brain Boosters. Smart Parenting. January & 2011. Pages 102 -103. Okra. Food

and Health. Manila Bulletin Style Weekend, p. 30

About Peanuts. Retrieved June 13, 201,1, from http://www.organicfacts.net/nutrition-facts/seeds-and-nuts/nutritional-value-of-peanut-and-peanut-butter.html

Vegetables and Fruit names and definitions from applications - Wordweb, Anthony Lewis, 2010 Wordwebsoftware.com).

Foresman, Scott. (2007) Social Studies, Mediterranean Sea Region, March 24, 2007.

. (2011). Once Again, Chocolate Found To Be Good For You. Retrieved August 31, 2011

from www.sfgate.com/cgiin/blogs/gurley/detail?entry\_id=96424#ixzz1WZyVmegg. San Francisco Chronicle online August 31, 2011.

Tomson, Bill and Jargon, Julie. (2011). UNCLE SAM'S LATEST MENU DIETARY DISH SIMPLIFIES FOOD GUIDELINES PUSHES PYRAMID SCHEME OFF THE TABLE by US News. New York Times Online edition. June 3, 2011, 7:33 am PDT.

11. Callanta's advice on 5 servings a day of fruits and vegetables culled from:

Perez, Rachel. (2011). Brain Boosters. Smart Parenting. January/February 2011. Pages 102 -103.

A FILIPINO FOOD PYRAMID based on the Philippine Dietary Guidelines issued by the Food and Nutrition Research Institute, Department of Science and Technology

12. Enderun Colleges Culinary Lectures and Handouts on the 9 Types of Vegetables

## Succulent Fruits of Baguio City

- 13. Filipino ditty song excerpted from "Ye Ye Vonnel" by April Boy Regino to introduce the chapter -- Succulent Fruits of Baguio City
- 14. All about the benefits of FRUITS from:

About: Philippine fruits from http:// www.filipinoheritage.com

About coconut milk: <a href="http://caloriecount.about.com/calories-coconut-milk-i12117">http://caloriecount.about.com/calories-coconut-milk-i12117</a>

Oelke, Jane (2005). On Fruits and Vegetables retrieved on March 4, 2011, from http://www.buildingbodies.ca/Nutrition/fruits-vegetables.shtml

#### Towards healthy eating

15. On eating fruits and vegetables, quoted lines on preventing anemia in kids by eating spinach and kangkong and more quoted lines about eating salmon and tuna rich in omega 3 fatty acid, ergo good for the heart according to Prof Callanta of UP. Moreover, quotations too on (graceful) Aging and Mediterranean Diet, respectively, were obtained from the following:

Perez, Rachel. (2011). Brain Boosters. Smart Parenting. January & February 2011. Pages 102 -103.

Aging: The Mediterranean diet as Brain food by Nicolas Bakalar January 17, 2011, NY Times.

 $\textbf{Filipino Food Pyramid} \ \ \text{based on the Philippine Dietary Guidelines is sued by the Food and \ \ Nutrition$ 

Research Institute, Department of Science and Technology

Chanced meeting and enlightening discussion with Prof. Jose Baloing and Chef Therese Jison at Mother's Earth in Baguio City regarding organically-grown produce and live stocks.

#### Towards a Hassle-Free Buying at Baguio's Marketplaces

16. Quotation related to the use of organic products and washing properly vegetable products culled from the following sources:

Sitting a lot poses a greater cancer risk than using cell phones. AP Report on Philippine Daily Inquirer. June 20, 2011. p. A-19

Marchione, Marilyn. (2011) Associated Press: Weighing cancer risks, from cell phones to coffee. June 16, 2011, retrieved from http://www.forbes.com/feeds/ap/2011/06/15/general-us-med-cancer-risks 8518250.html

#### Organization in the home-kitchen – Mis-en-place & Techniques

- 17. The intro for this chapter lifted from the song: "Toyang" by Eraserheads
- 18. We enhanced our culinary ways and techniques with the culinary seminars and schools we attended, like Enderun Colleges and other culinary schools. Meanwhile, the 5S concepts and Good Kitchen Practices principles resulted from our long exposure to the food industry, almost two fruitful decades. The rest is owing to the voracious daily reading of fine culinary books.

Very Important Note: recipes and dishes meticulously adapted from other cookbooks (s) and other sources are attributed to their source(s) on the page, i.e., where

you find these particular adapted recipes and dishes, thus, not requiring any endnote(s).

# Appendix "A" –

Brief Biographies of Pacita Rueda Cruz, Michele & Danilo Rueda Cruz





Mommy Pacita in a Napa Valley, California vineyards

Pacita Rueda Cruz is Danny's 78-year-old mom, who now resides with her second-to-youngest offspring, Lito Cruz, and wife, Baby-Lyn Abad Cruz, at Daly City, just a stone's throw away from beautiful and the

unforgettable City of San Francisco. Married to the late Ilustre "Lut" Cruz, (an esteemed and highly awarded member of the UP Sigma Rho Law Fraternity and with sons and daughters saved for Danny, Gary, and Tita, followed his footsteps in Sigma Rho and its sister sorority, the Delta Lambda Sigma).

Dad Ilustre was a retired supervising agent of the National Bureau of Investigation, where he spent almost 30 years of dedicated service. His family will always miss him. He died in 2005 in the US – after turning over his shiny and unblemished badge to the bureau sometime in 1995 and retired in the US with his youngest daughter, Shielah, in Las Vegas, Nevada.

Mommy Pacita also delighted with food and lodging in her home; most of the fraternity brothers and sisters of the UP Sigma Rho Fraternity earning for her the moniker "mommy-sigma- rha."

Now, Mommy Pacita, as friends and family fondly call her, is active and cares for her great-granddaughter, Angelika (apo sa tuhod). She cares, too, for a playful and mixed, 1- year-old schnauzer-papillion puppy named Junior or JR; and JR's dad-dog named Ollie, an intelligent and huggable but sickly mini-schnauzer with many food allergies.

Mommy Pacita is a sun, rain, and soil wherever she goes (even to strangers in the bus station or at San Francisco's Borders Bookstore), having nurtured now- professionals sons and daughters – Edgardo (UP, MPA), Reynaldo (UP, Mining E.), Tita (Ateneo de Naga), Art (UP, Geology), Danny (UP, Philosophy & MFSA), Cynthia (UP, HRM), Tong (UP, BS Math/Philosophy) and Shielah (UP, BS SPED). She, too, has a lot of doting grandsons and daughters – Angelique Vollmer, Brian, and Patrick Cruz-Bloemen; Julian and Frances Roman; Chelsea Pacita Cruz; Maynard and RJ Cruz; Bem-Bem, Janice, Tin-Tin, and Camille Cruz.

Mommy Pacita and Michele are doing a cold and windy hike in San Bruno Mountain



She learned a lot about fine home cooking from her mother (Lola Doray) and mother-in-law (Lola Espe), not to forget cooking seminars with famous Philippine culinary icon Sylvia Reynoso and collection of cookbooks of the writer and renowned restaurateur Nora Daza back in Manila.

She has taught the family and a lot of people how to cook superb Filipino dishes, including Danny, since the latter was still in high school in Ateneo and Michelle, who, whenever doubtful of any Filipino specialty dish, would ask her. As such, this cookbook is as much as she wrote the book herself because most of the recipes here are hers or imitations or renditions from her home culinary repertoire.























Michele worked for 18 years in the food industry,

having joined Chowking Food Corporation right after graduation and working to become the training and development manager. She finished both her MBA and undergraduate Business Administration degrees at UP Diliman.

She loves cooking, especially the baking part. She now does most of the cooking during breakfast and merienda. Her favorite food is matambre, similar to morcon (roulade) and also chicken saltimbocca, or literally in popular Italian cuisine, "it (food) jumps to

your mouth." Her other favorites are mechado, fish tausi with tofu, pork trotters in black beans and dineng- deng (Tagalog's bulanglang and llonggo's laswa).

She dreams of a big kitchen with a big oven, so she told me one night that our dream of cooking a whole suckling pig would come true. She will be the sous chef to Danny, she added.

She has been lately so busy making a lot of chiffon cakes, pana cotta, chocolate truffles, and many other foods with panache while putting the finishing touches on our debut cookbooks.







Just to share with you the procedure for Chicken saltimbocca, which is a family favorite:

Chicken saltimbocca is a panseared chicken breast with a sage leaf and mozzarella inside. topped with prosciutto slice and pounded together. It is then seared on both sides with prosciutto flipped over and served with an oozing sauce made from the pan's sucs (caramelized browned meat bits). These sucs are then deglazed with red wine, roux mixed in butter, flour, and broth and reduced to a superb sauce. Finally, chicken saltimbocca is served with sidings of garlicky pasta in olive oil and basil. She tried this with putanesca on page 218; it was terrific! (Chicken saltimbocca adapted from Rouxbe, a video-based culinary school in Canada)

Danny is a frustrated Ph D. in Communication candidate with one subject and thesis to go to UP, not knowing whether to continue his studies and do ongoing research or



simply cook a sumptuous meal for his loved ones. He graduated from UP (not) a long time ago with a Masters in Foodservice Administration and an undergrad degree in AB Philosophy.

Both Danny and Michelle are now dreaming of their next culinary adventure of writing a cookbook with the rest of the Filipino dishes they failed to include in their début cookbook, the likes of dinuguan, pochero, and, believe it or not, a chance at cooking a whole pig, nay, just a 12 lbs. (roughly, 5.4 kilos) suckling pig will do, big enough we both guessed to fit in a somewhat humongous oven. They are currently on the lookout or canvassing for that huge oven to cook a lechon de leche (Filipino roasted suckling pig), unmindful of the cost of such an oven.

Lately, Danny and Michele together are trying to master the art of Italian and other classical cooking. Recently, Michele has been busy attending short baking and pastry-making seminars.

Meanwhile, Danny is kind of busy curtain closing on his part-time teaching of 50 HRM students at a fine university in Baguio City on Quantity and Quality Food Production and Service (or typical fine dining table d' hote\* operation).



Michele in downtown LA



Michele & Danny at Jollibee SFO

\*According to WordWeb 2009 iPhone Application -Table d' hote is a menu offering a complete meal with limited choices at a fixed price).

# Appendix "B"

# English–Filipino Names of Some Choice Filipino Cuisine Ingredients & Sea-food Items available in Philippine Marketplaces.

Anchovy - Dilis

Blue crab - Alimasag

Beltfish - Espada

Big mouth Mackerel - big-eye or purseyed scad -

Matang baka, Alumahan

Big mouth mackerel - Alumahan or Hasa hasa

Broad-mouthed mullet -Banak/Lodong

Catfish - Hito

Cabria Bass - Lapu-Lapu

Crayfish - Ulang

Dalag - Snake-head

Dolphinfish - Dorado or Kabayo or Mahimahi

Dried Herring - Tuyo (sardinella fimbriota)

Emperor - Bitilya, Maya-maya (snapper)

Frigate Mackerel - Tulingan Gasper

Goo - Bacoco

Grouper - Lapu-lapu

Halibut Baby - Dapa

Moonfish - Chabita or Tsabita, Liwas, Hiwas Bilong-

bilong

Mud crab - Alimango

Mullet - Banak

Murray fingerling - Bakuli

Milkfish - Bangus

Mojarra - Malacapas

Hard tail Mackerel -(female Ggalunggong)

Round Scad - (male Galunggong)

PoPomfretsilver or black) -Pampano

Prawn - Sugpo

Rabbit Fish - Samaral

Sardanella - Tamban

Star Butter - Small Pompano

Silver sea bass - Apahap

Silver perch - Ayugin

Skipjack Tuna - Tambakol

Salted codfish - Bacalao

Smelt - Dilis

Sand Goby - Bia or biya

Sea Catfish - Kanduli

Short bodied Mackerel - Hasa hasa

surgeonfish or unicorn fish -

Labahita

Spanish mackerel - Tanguigue, Tangigi, Tanige -

Snapper - Maya-maya

Threadfin Bream - Bisugo/Lagaw

Tiger fish- Bugaong

White Perch - Ayugin

Whiting/Silver Sillago - Asohos

Yellowfin Tuna - Barilis

Yellow tail fusilier - Dalagang bukid

Onion - Sibuyas

Tomatoes - Kamatis

Garlic - Bawang

Lemon Grass - Tanglad

Screw Pine leaves - Pandan leaves

Taro root - Gabi

Soursop - Guyabano

Chorizo -- Spanish sausage

Lime - Dayap

Java Plum - Duhat Spanish Plum - Sininguelas

Basi - Solasi, sulasi

 $\label{eq:philippine lime-Kalamansi} Philippine \ lime-Kalamansi, \ small\ indigenous\ lime\ to$ 

the Philippines

Carabao's milk cheese - Kesong puti - white cheese, cottage cheese made of water buffalo, or

carabao's milk

Local sausage - Longanisa or longanissa

Patupat - Ilokano rice cake wrapped in coconut leaf

Escabeche fish cooked with vinegar, garlic, onions...

Suki - a vendor from whom one buys regularly.

Market - Palengke

The source of the English - Tagalog translation of terms or words usually found in Philippine cuisine is based on Doreen G. Fernandez's Palayok Philippine Food Time, On-Site, in the Pot. Manila: Bookmark Inc., 2000. Also, see wyatt's Kitchen Blogspot at <a href="http://wyattskitchen.com/?p=422">http://wyattskitchen.com/?p=422</a> for other sources of fish names — English and Tagalog.

# Index

# Complete Listing of Recipes in this Cookbook

#### RECIPES / PAGE

## **MEAT**

Kare-Kare (Tripe and Beef Cubes Stewed in Peanut Sauce) / 38

Pot Roast / 47

Lechon Kawali / 50

Crispy Pata / 54

Humba (Braised Pork Belly) / 55, Yang Chow Fried Rice / 57

Patatim Redux (Braised Pork Pata with Star Anise)/58

Chicken Tim (Braised Chicken with Star Anise) / 60

Adobong Pata (Braised Pata Slice in Vinegar and Banana Blossoms)/ 63

Kaldereta (Beefstew in Tomato) / 66

Bistek (Beef Steak with Onions) / 70

Morcon/Beef Roulade/ 73

Matambre / 76

Embutido / 81

Arroz ala Cubana (sautéed ground meat with fried banana and egg) / 83

Inasal / 86

Grilled Chicken Wings with Rosemary / 89

Grilled Longanissa (Grilled Sausage) / 92

Beef Pares / 93

Pork and Chicken Adobo (Stewed Pork and Chicken in vinegar / 96

Adobo Kangkong (Sautéed Water Spinach in Vinegar, Soy Sauce, and left-over Ground Meat) / 98

Pork Liver with Onion Marmalade / 100

Lumpiang Shanghai (Spring Rolls) / 103

Pata Slice in Black Beans and Anchovy Paste / 106

Mechado / 109

Menudo / 115

Asado (Stewed Pig's Head and Liver) / 117

Pork Binagoongan (Sautéed Pork with Shrimp Paste) / 118

## **FISH**

Fish Tausi (Black Beans) with Tofu / 122

Fish Fillet in Escabeche Sauce / 125

Fish Sarciado / 128

3-way Squid -

Squid with Ink / 131

Without Ink / 134

Calamares / 136

Fish Fillet and Vegetable in Tamarind Broth / 138

Fish Fillet Grilled in Banana Leaf / 140

Pinaputok – Cream Dory Fish Fillet Fish in Foil Packets / 142

Dory Fish with Totcho/Totso sauce / 144

Fish Fillet with Tempura Vegetables / 146

Paksiw (Fish Stewed in Vinegar) and

Guisadong Mongo sa Tinapa (Sautéed Mongo Beans in Smoked Milkfish Flakes) / 149, 151

Fish Cakes / 153

Crab Cakes / 155

Fried Fish Wontons / 157

#### **SAUCES**

Soy Marinade sauce / 160 Vinaigrette Fish Fillet and Tempura Vegetables /161 Sour Cream & Mayo Dip / 162 How to Make Roux / 163

## **SIDINGS**

Tempura Vegetables / 165 Crispy Kangkong (Crispy Water Spinach) / 167 Onion Marmalade / 169 Sweet Potato (Kamote) Fries / 171

#### **VEGETABLE**

Chopsuey with Chicken/Sausage and chorizo /174
Beef Chopsuey (Sautéed Beef strips in mixed Vegetables) / 177
Beef Broccoli (Sautéed Beef and Broccoli) / 178
Beef Ampalaya (Sauteed Beef & Bitter Gourd) / 181
Pinakbet (Stewed Vegetables) / 184
Dinengdeng / Bulanglang/ Laswa / 186
Glazed Vegetables / 188

## SOUP

Fish Fillet or Sinigang na Pampano with Cilantro / 191
Sinigang na Baka at Buto ng Baboy (Beef and Pork Bones in Tamarind Soup) / 193
Nilagang Baka (Boiled Beef Shank) / 195
Tinola Chicken Soup (with green papaya and chili leaves) / 197
Chicken Binakol (Chicken Soup in Coconut Water) / 199

## **NOODLES & PASTA**

Mixed Chinese thick (Canton) and thin rice noodles (Bihon)

Stir-fried in Chicken, Shrimp, Chinese Sausage, e, and Assorted Vegetables / 202

Chicken Stock / 205

Sotanghon Vermicelli Soup with Meat and Vegetables) / 210

Almondigas (Meatballs Soup with Vermicelli) / 213

Chicken Spaghetti / 215

Spaghetti Putanesca / 218

Adobong Shiitake Mushroom with Pasta / 221





This book is like having us by your side, guiding you while doing home cooking. Clear, easy, step-by-step photos and procedures or instructions allow you to follow each cooking step as you create those exquisite dishes, from assembly to cooking up to perfecting those delicate dishes. Then, add the tips and good practices to complete your kitchen experience. Thus, making your cooking effortless, systematic, organized, and always a source of joy and pleasure in daily living.

It does not matter whether you are just a beginner, a more experienced home cook, or someone in between; as long as you have the enthusiasm and the passion for home cooking and you have a guide such as this cookbook, you will be able to cook wonderful dishes for your family and loved ones. So enjoy those contemporary dishes Filipinos love to eat.













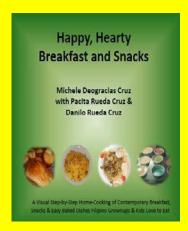


We invite you to write us and tell your home-cooking success stories. Write us at:

<u>usfilqueux@gmail.com, mommyqueux@gmail.com,</u> <u>usqueux@gmail.com</u>

Remember not to allow problems to push you to where you are going but instead to be led by your dreams!

Our other début cookbook, HAPPY, HEARTY BREAKFAST, and SNACKS --



#### **EXCERPTS**:

We wish you to enjoy preparing a hearty breakfast for your family and see their happy faces in the morning, which is priceless! As a result, your kids will be healthy and not have to skip the most important meal of the day. Later on, when all grown up, your kids will remember happy memories of breakfast and snacks shared with you, which hopefully will be replicated with their own families as well.

Michele Cruz in the Authors' Note

Looking forward .... Enjoy reading our visual step-by-step cookbooks.

STAY WITH US! GOD BLESS!

